Diete of sanguine persons. fol.72.b
Diete of cholerike persons. ibidem.
Diete of fleumaticke persons. fo. 65.a
Diete of melancholike persons. fol.68.a
Diete of them, whiche be ready to fall into sickneſſe. fol.79.a
Diete in time of peſtilence. fo.88.a
Drinke betwene meates. fo.43.b
Drink at meales.46.a
Digeſted fol.55.a
Death of chyldren.68.a

E

Elementes. fol.1.b
Earth. ibid.
Endiue. fol.24.b
Egges. fol.33.a
Exerciſe. fol.48.a and.50.a
Euacuation. fol.54.b
Excrementes. ibidem

F

Fleumatike body. fol.2.b
Fyre. fol.1.b
Fleume fo.8.a
Fleume naturall. ibi.
Fleume vnnatural.8.b
Fruictes. fo.19.a
Figges. fol.20.a
Fenell fol.25.b
Fylberdes. fol.22.a
Fleſhe. fol.29.a
Feſane. fol.30.b
Feete of beaſtes. 32.b
Filthe ibid.
Fricaſies or rubbynges. fol.49.a

G

Genitors hotte. fol.7.a
Genitors colde ibidem.
Genitours moiſt. ibid.
Genitours dzie. ibid.
Genitours hotte and moyſte. fol.7.b
Genitours hotte and dzie. ibid.
Genitours colde and moyſte. ibid.
Genitours colde and dzie. ibid.
Gourdes. fol.19.a
Grapes. fo.20.b
Garlike. fo.26.b
Gynger. fol.28.a
Goose. fol.31.a
Gyſar of byzdes. 31.b
Glutteny. fo.45.a
Geſtation. fol.51.b

THE CASTELL OF HELTH CORRECTED AND IN SOME places augmented, by the first authoz. therof, syz Thomas Elyot knight, the yere of our lozde 1541.

liber Walteri vaughan
precij c xij 8

1534

RODLEIAN
1672 f 6

THE PROHEME OF SYR THOMAS ELYOT knight into his booke called the Castell of Helth.

GALEN THE MOST excellent Phisicion feared, that in wryting a compendious doctrine for the curing of sickenesse, he shoulde loose all his labour, for as much as no man almoste dydde endeuour him selfe to the kindynge of trueth, but that all men dydde so much esteeme riches, possessions, authoritee, and pleasures, that they supposed them, which were studious in any part of Sapience, to be madde or distract of their wittes, for as muche as they demed the chiefe sapience, which is in knowlage of thinges belongyng as wel to god as to man, to haue no beyng. Sens this noble wryter foūd that lacke in his time, whan there flouriſhed in sundry countreis a great multitude of men excellent in al kindes of lernyng, as it yet doth appere by some of their workes, why should I be greeued with reproches, wherwith some of my countrey do recōpence me, for my labours taken without hope of tēporall rewarde, only for the feruent affection, which I haue euer borne toward the publike weale of my countrey: a worthy matter, saieth one, sir Thomas Elyot is become a phisicion, and wryteth in phisicke, whiche beseemeth not a knight, he mought haue been much

much better occupied. Truely if thei wyll call him a phisicion, whiche is studious aboute the weale of his countrey, I witsaufe they so name me, for duryng my life, I will in that affection alway continue. And why, I praye you, shoulde men haue in disdaine or small reputacio the science of phisicke: which beyng well vnderstande, truely experienced, & discretely ordred, doth conserue helth, without the which all pleasures bee peinefull, richesse vnprofitable, company annoyance, strength turned to feblenesse, beauty to lothsomnesse, sences are dispersed, eloquence interrupted, remembrance confounded, whiche hath ben considered of wise men, not onely of the priuate estate, but also of emperours, kings, and other greate princes, who for the vniuersall necessitee and incomparable vtilitee, whiche they perceiued to be in that science of phisicke, they did not only aduaunce and honour it with speciall priuiledges, but also diuers and many of them were therin right studious, in so much as Juba the kynge of Mauritania and Lybia, founde out the vertuous qualitees of the herbe called Euforbium. Gentius kynge of Illiria, founde the vertues of Gentian. The herbe Lysimachia, tooke his name of kynge Lysimachus. Mythridates the great kynge of Ponthus, found fyrst the vertues of Scordion and also inuented the famous medicine agaynste poyson, called Mythridate. Artheмisia queene of Caria founde the vertues of Motherwoorte which in latine beareth hir name, whereby hir noble renoume hath lenger continewed, than by the makyng of the famouse monument ouer

hir dead husband called Mausoleum, although it were reckned among the wonderfull worke of the worlde, and yet hir name with the saied herbe still abideth, whiles the saied monument a thousand yeares passed, was vtterly dissolued.

It seemeth, that physicke in this realme, hath been wel esteemed, sens the hole studie of Salern, at the request of a kyng of England, wrate and sette foorth a compendious and profitable treatise, called the Gouernance of health, in latine Regimen sanitatis. And I trust in almightie God, that our soueraigne lorde the kynges maiestee, who dayly prepareth to stablisshe amonge vs true and vncorrupted doctrines, will shortly examine also this part of studie, in such wyse, as thynges apt for medicine, growynge in this realme, by conference with moste noble authours may be so knowē, that we shal haue lesse nede of thinges brought out of farre countreis, by the corrupcion wherof, innumerable people haue perished, without blame to be geuen to the physicions, sauynge onely, that some of them not diligent inough in beholdyng their drugges or ingredience at all times dispensed and tried.

¶ Besydes the saied kynges, whom I haue rehersed, other honorable personages haue written in this excellent doctrine, and not onli of the speculatiue part, but also of the practise thereof whose workes do yet remaine vnto their glorie immortall, as Abicena, Auenzoar, Ralis, Cornelius Celsus, Serenus, and whiche I should haue first named, Machaon, and Podalirius, noble dukes in Grecia, which came to the siege of Troy, and brought with them xxx great shippes

pes with men of warre. This well considered, I take it for no shame to studie that science, or to set forth any bookes of the same, beyng therto prouoked by the moste noble and vertuous exsaumple of my moste noble maister kyng Henrie the. viii. whose heith I hertily pray god as long to preserue, as god hath constitute mans life to continue for his highnesse hath not disdeined to be the chiefe author and setter forth of an Introduction into grammer, for the children of his louyng subiectes, wherby, hauynge good maysters, thei shall most easily and in short time apprehend the vnderstandyng and forme of speakyng of true and eloquent latine. O royall hert full of very nobilitee. O noble breast, settynge forth vertuous doctrine, and laudable studie. But yet one thing much greeueth me, that notwithstandyng I haue euer honoured, and specially fauoured the reuerend colledge of approued phisicions, yet some of them heryng me spoken of, haue saied in derision, that although I were pretily seen in hystories, yet beyng not lerned in physicke, I haue put in my booke diuers errours, in presumynge to write of herbes and medicines. First as concernyng hystories, as I haue planted them in my worckes, being wel vnderstand, they be not so light of importance as they doo esteme them, but may more surely cure mens affections, than diuers phisicions do cure maladies. For whan I wrate first this boke, I was not all ignorannt in physicke. For before that I was twentie yeres olde, a worshipfull phisicion, and one of the moste renoumed at that time in England, perceiuyng me by nature

enclined to knowlage, radde vnto me the worke
kes of Galene of temperamentes, naturall fa=
cultees, the introduction of Johannicius, with
some of the Aphorismes of Hippocrates. And
afterward by mine owne studie, I radde ouer in
order the more part of the workes of Hippocra=
tes, Galen, Oribasius, Paulus Celius, Alex=
ander Trallian⁹, Celsus, Plinius the one and
the other, with Dioscorides. Nor I did omitte
to rede the long Canons of Auicenna, the com=
mentaries of Auerroys, the practises of Isake,
Haliabbas, Rasis, Mesue, and also of the more
parte of them whiche were their aggregatours
and folowers. And although I haue neuer ben
at Mountpellier, Padua, nor Salern, yet haue
I found some thing in physicke, wherby I haue
taken no littell profite concernynge myne owne
helth. Moreouer I wote not why Physicions
should be angrie with me, sens I wrate and did
set forth the Castell of helth for their commodi=
see, that the vncertayne tokens of vrines, and
other excrementes should not deceiue them, but
that by the true informacion of the sicke man,
by me instructed, they might be the more sure to
prepare medicines conuenient for the diseases.
Also to the intente that men obseruynge a good
order in diete, and preuentyng the great causes
of sicknesse, they should of those maladies the
soner be cured. But if physicions be angry, that
I haue written physicke in englishe, let them re=
member that the grekes wrate in greke, the Ro=
mains in latin, Auicenna, and the other in Ara=
bike, which were their owne proper and mater=
nall tongues. And if thei had been as muche al=

tached with enuie and couetiſe, as ſome nowe ſeeme to be, they would haue deuiſed ſome parſticuler lãguage, with a ſtrange cypher oz fozme of letters, wherin thei would haue wzitten theiz ſcience, whiche language oz letters no manne ſhould haue knowen that had not pzofeſſed and pzactiſed phiſicke: But thoſe, although they were Paynims & Iewes, yet in this part of charitee, they farre ſurmounted vs chziſtians, that they would not haue ſo neceſſarie a knowlage as phiſicke is, to be hidde from them, whiche would be ſtudious about it.

¶ Finally God is my iudge, I wzite neyther foz glozie, reward, noz pzomocion, only I deſire men to deme well mine intent, ſens I dare aſſure them, that all that I haue wzitten in this booke, I haue gathered of moſt pzincipall wziters in phiſicke. Whiche beyng thzoughly ſtudied and wel remẽbzed, ſhall be pzofitable (I doubt not) vnto the reader, and nothyng noyous to honeſt phiſicions, that dooe meaſure theyz ſtudie, with moderate luyng and chziſten charitee.

The table.

IT MVST BE REmembred, that the noũber in the Table, doeth signifie the leafe, & the letter A, dooeth signifie the first page or side, the letter B, the second page or syde.

A

Annexed to thinges naturall. folio. 1. b
Ages. fol. 10. b. & 40. a
Ayre. fol. 1. b. and. 12. a
Appuls. fol. 21. a
Almondes. fol. 22. b
Anyse seede. fol. 25. b
Ale. fol. 36. b
Abstinence. fol. 55. b
Affectes of the mynde. fol. 64. a
Autumne. fol. 39. b

B

Loud. fol. 8. a
Beetes. fol. 24. b
Bydes. fo. 30. a
Blame excedyng in heate. fol. 3. b
Blaine excedynge in colde. ibid.
Blaine moiste. ibid.
Blaine drie. fol. 4. a
Blain hot & moist. ibi.
Blain hot and dry. ibi.
Blain cold & moist. 4. b
Blain cold & dry. ibid.
Blaine sicke. fol. 81. b
Bleast sicke. fol. 82. a
Bieke. fol. 29. a
Beanes. fo. 25. b
Breakfast. fol. 43. a
Bludsuckers. fol. 63. a
Bourage. fol. 27. a
Breade. fol. 28. b
Blacke birde. fo. 30. b
Bustarde. fol. 31. a
Byttour. ibid.
Blain of beastes. 32. a
Butter. fo. 33. a
Biere. fo. 36. b
By what tokens one maye knowe whether the stomacke and head be hot or cold. fol. 73. b

C

Onsideracyons of things belongeyng to health. folio. 1. a

Coms

Cõplexion of man. 2. a
Colerike body. fol. 2. b
Choler fo. 8. b
Choler natural. fol. 9. a
Choler vnnatural. ibi.
Colour. fo. 11. a
Coloure of inwarde causes ibid.
Colour of outwarde causes. ibid.
Colour of vrines, fol. 82. b
Colour of heare. 11. b
Cauſes whereby the ayze is cozrupted. 12. a
Cuſtome. fo. 17. b
Commoditee happnyng by moderate vſe of the qualitees of meat. 18. b
Cucumbers. fo. 19. b
Cheries. fol. 21. a
Cheſtnuttes. fol. 22. b
Capers. fol. 23. a
Colewoztes and cabages. fol. 23 b
Cykozie. fo. 24. a
Cheruple. fol. 25. a
Carettes. fo. 26. a
Conſideracions in abſtinence. fol. 55. a
Cloues. fol. 28 b
Cony fo. 29. b
Capons', hennes, and chickens. fol. 30. a
Crane. fo. 31. a
Cheeſe. fol. 33. a
Cyder. fo. 36. b
Confoztatiues of the hert. fo. 69. a
Childzen. fo. 66. a
Counſailes againſt ingratitude. fol. 46. b
Chaunces of foztune. fol. 68. b
Cruditee. fol. 69. b
Concoction. ibidem.

Diſtemperature happnynge by exceſſe of ſundzie qualitees of meate. fo. 18. a
Deere red and faldwe. fol. 29. b
Dates. fo. 20. a
Ducke fo. 31. a
Diuerſitee of meates. fol. 44. a
Digeſtiues of choler. fol. 59. b.
Digeſtiues of fleume. fol. 60. a
Diet conternynge ſundzy times of the yere. fol. 39. b.
Dominion of ſundzie complexions, fol. 70. b

Diete of sanguine persons. fol.72.b
Diete of cholerike persons. ibidem.
Diete of fleumaticke persons. fo.65.a
Diete of melancholike persons. fol.68.a
Diete of them, whiche be ready to fall into sickneſſe. fol.79.a
Diete in time of peſtilence. fo.88.a
Dzinke betwene meates. fo.43.b
Dzink at meales.46.a
Digeſted fol.55.a
Death of chyldzen.68.a

E

Elementes. fol.1.b
Earth. ibid.
Endiue. fol.24.b
Egges. fol.33.a
Exerciſe. fol.48.a and.50.a
Euacuation. fol.54.b
Excrementes. ibidem

F

Fleumatike body. fol.2.b
Fyze. fol.1.b
Fleume fo.8.a
Fleume naturall, ibi.
Fleume vnnatural.8.b
Fruictes. fo.19.a
Figges. fol.20.a
Fenell fol.25.b
Fylberdes. fol.22.a
Fleſſhe. fol.29.a
Felane. fol.30.b
Feete of beaſtes. 32.b
Filthe ibid.
Fricaſies oz rubbynges. fol.49.a

G

Genitozs hotte. fol.7.a
Genitozs colde ibidem.
Genitours moiſt. ibid.
Genitours dzie. ibid.
Genitours hotte and moyſte. fol.7.b
Genitours hotte and dzie. ibid.
Genitours colde and moyſte. ibid.
Genitours colde and dzie. ibid.
Gourdes. fol.19.a
Grapes. fo.20.b
Garlike. fo.26.b
Gynger. fol.28.a
Goole. fol.31.a
Gyſar of byzdes. 31.b
Glutony. fo.45.a
Geſtacion. fol.51.b

H

Hert hot distem=
pered. fol. 4.b.
Hert cold distè=
pered. fol.5.a
Hert moysts distempe=
red. ibidem.
Hert dzie distempzed.
ibidem.
Hert hot and moist. ibi.
Hert hot and dzy. 5.b
Hert colde & moist. ibi.
Hert cold and dzie. ibi.
Hert sicke. fol.81.b
Humours. fol.8.a
Humour superfluous.
fol.55.a
Herbes vsed in potage
oz to eate. fol. 22.b
Hare. fol.29.b
Hearon. fol. 31.a
Hert of beast. fol.32.a
Head of beastes. ibi.
Hasyll nuttes. fo.22.a
Hony. fol. 17.b
Hemozoides oz pyles.
fol.63.b
Heauynesse oz sozow.
fol.66.a

I

Hope. fo.27.a
Ioy. fol.70.a
Ire fol.64.b
Ikydde fo.29.b

L

Liuer in heate di=
stempzed. fol.6.a
Liuer colde di=
stempered. ibid.
Lyuer moyst distempe=
red. ibi.
Lyuer dzie distempzed.
ibidem.
Liuer sicke. fo.81.b
Lettise fol.23.b
Leekes. fol.27.a
Lambe. fo.29.a
Larke. fol.30.b
Lyuers of byzdes and
beastes. fol.31.b
Lunges of beastes. ibi.
Letting of bloud. 61.a
Leaches oz bloud suc=
kers. fo.63.a
Losse of goodes. 68.b
Lacke of pzomocion.
ibidem.
Lassitude. fol.77.b
and.78.b

M

Melancholicke
body. fol.3.a
Melãcholy. 9.a
Melãcholy natural. ib.
Melancholy vnnatu=
rall. ibid.
Membzes instrumen=
tall. fol.9.b

Meate

Weat and drink. 12. b.
Weates makyng good iuyce. ibidem.
Weates makynge yll iuyce. fol.13.a
Weates makyng thicke iuice. fol.14.a
Weates makynge choler. fol.13.b
Weates makyng fleme ibidem.
Weates ingenderynge melancholy. fol.14.a
Weates hurtynge the teeth. fol.14.b
Weates hurtyng the eyen. ibid.
Weates makyng oppilacions. fo.15.a
Weates wyndie. ibi.
Welons. fol.19.b
Wedlars. fol.22.a
Walowes. fol.24.b
Wutton. fo.29.b
Woderation in diete. fol.41.b
Weales. fo.24.a
Waces. fol.28.b
Wembres of byrdes. fol.31.b
Welte or splene. folio. 32.a
Warowe. ibid.
Wylke. fol.35.b.

N

Nutmigges. 38.b
Nauewes. fol.26.a

O

Fficiall membres. fo.9.b
Operacions. 11.b
Olyues. fo.23.a
Orenges. ibi.
Onyons. fol.26.b
Order in eatynge and drinkyng. fol.45.b
Opilacions what they are. fo.49.a
Obstruction or rupture. ibid.
Olde men. ibid.
Ordure. fol.55.a

P

Rincipall membres. fo.9.b
Partes. similares. ibid.
Powers naturall. 10.a
Powers spiritual. ibi.
Powers animall. ibid.
Pepons. fol.19.b
Peaches. fo.21.a
Peares. fol.22.a
Pourselane. fol.25.a
Perselye. ibid.
Purgers of coler. 59.b
Pourgers of fleume. fol.60.b.

Purs

Purgers of melancoly. ibid.
Preceptes of Diocles. fol. 85. a
Pomegranates. 21. b
Prunes. fo. 22. b
Peason. fol. 25. b
Parsnepes. fol. 26. a
Penitroyal. fo. 27. b
Pepper. fol. 28. a
Partriche. fol. 30. b
Plouer. ibid
Pigeons. fo. 31. a
Particuler commodities of euery purgacion. fol. 58. b
Peculiar remedies of euery humour. 72. a
Purgacions by siege. fol. 57. and. 58. b

Q

Quantitee of meat. fol. 16. a
Qualitee of meat. fol. 17. a and. 18. b
Quynces. fol. 21. b
Quayle. fol. 30. b

R

Raysons. fo. 20. b
Rapes. fol. 26. a
Radish. fo. 26 b
Rokat. fo. 27. b
Rosemary. ibid
Repletion. fol. 53. b
Reumes, and remedies therfore. fol. 72. b

S

Sanguine body. 2. a
Stomake hot. 6. b
Stomake cold. ibi.
Stomake moiste. ibidem.
Stomake drie. fol. 7. a
Spirite naturall. 10. b
Spirite vital. ibid.
Spirite animall. ibid.
Stoanes of beastes. fol. 32. a
Hozell. fo. 25. a
Sauge. fol. 27. a
Stomacke in the whiche meat is corrupted. fol. 86. b
Stomacke sicke. 82. a
Slepe & watche. 47. a
Sauery. fol. 27. b
Saffron fol. 28. b
Swynes flesshe. 29. a
Sparowes. fol. 30. b
Shouelar. fol. 31. a
Souper. fo. 43. b
Sugar. fol. 38. a
Syrope acetose, folio. 38. b.
Spring time. fol. 29. a
Sommer. folio. 39. a
Scarifiyng. fol. 62. b

Sicke

Sicknesses appropried to sundrie seasons & ages. fol.79.a
Significacions of sicknesse. fol. 81.a
Substance of vrines. fol.83.b
Spices. fol. 28. a

T

Thynges natural. fol.1.a
Thyngs not naturall. ibid.
Thynges against nature. ibid.
Thynges good for the head. fo.15.b
Thynges good for the hert. ibid.
Thynges good for the liuer. ibid.
Thynges good for the lunges. ibid.
Thynges good for the eyes. fol.16.a
Thynges good for the stomacke. ibid.
Temperature of meates. fol.17.b
Turnyppes. fol.26.a
Thyme. fol.27.b
Towncresses. ibid.
Trypes. fol.31.b
Tong of beastes. 32.a
Tyme fo.38.b and.39.b
Tymes in the day concernyng meales.42.a
Tymes appropried to euery humour. 71.b

V

Vyndes. 12.a
Walnutt. 22.a
Veale. fol 29.b
Venison. ibi.
Woodcockes. fol. 31.a
Vdder. fol.32.a
Water. fol.1.b.&.33.b
Wynter. fo.38.b
Wyne. fo 34.b
Whay fol.36.b
Vociferacion. fol.52.b
Vomite. fo.56.b
Vrines. fol. 82.a
Vertue of meates. folio. 87.a

Y

Yong men. 40.b

Thus endeth the Table.

TO the conſeruacion of the bodie of mankynde, within the limitacion of health, whiche (as Galen ſaieth) is the ſtate of the body, wherin wee be neither greeued with peyne, nor let from doeynge our neceſſary buſyneſſe, doeth belōg the diligent conſideracion of thꝛee ſoꝛtes of thynges, that is to ſay.

- Thynges Naturall.
- Thynges not Naturall, and
- Thynges agaynſt Nature.

¶ Thynges naturall be. vii. in numbꝛe.

- Elementes
- Complexions
- Humours
- Membꝛes.
- Powers
- Operacions and
- Spirites.

¶ Theſe be neceſſarie to the beyng of helth, acꝛoꝛdyng to the oꝛder of their kynde: and be alway in the naturall body.

¶ Thynges not naturall be ſixe in number.

- Ayꝛe
- Meate & dꝛinke
- Slepe & watche
- Mouyng & reſte
- Emptines and
- replecion and
- Affections of
- the mynde.

¶ Thynges againſt nature be thꝛee.

- Sickneſſe.
- Cauſe of ſickeneſſe.
- Accident, which foloweth ſickneſſe.

¶ Annexed to thynges natural.

Age. Fygure, and
Colour. Diuerſitee of kindes.

¶ The elementes be thoſe oziginal thinges vn-mixte and vncompound, of whoſe temperance and myxture, all other thynges hauynge cozpo-rall ſubſtaunce be compact: Of them be foure, that is to ſay.

Earth,
Water,
Ayze, and
Fyze.

¶ Earth is the moſte groſſe and ponderous ele-ment, and of hir pzoper nature is colde and dzie.

¶ Water is moze ſubtil and light than earth, but in reſpect of Ayze and Fyze, it is groſſe and heauy, and of hir pzopze nature is colde and moyſte.

¶ Ayze is moze light and ſubtill than the other two, and beynge not altered with any exteriour cauſe, is pzoperly hotte and moyſte.

¶ Fyze, is abſolutely lighe & cleere, and is the clarifier of other elementes, if they be viciate oz out of their naturall temperaunce, and is pzo-perly hotte and dzie.

This is to be remembzed, that none of the ſaied elementes be commonly ſeene oz felt of moztall men, as they are in their oziginall beynge: but they whiche by our ſences be perceyued, be coz-rupted with mutuall myxture, and bee rather earthie, watrie, ayzie, and fyzie, than abſolute-ly earth, water, ayze, and fyze.

Of

Of the complexion of man. Cap. 2.

Complexcion is a combinacion of twoo diuers qualities of the foure elementes in one body, as hot and dry of the fyre, hotte and moiste of the ayre, colde and moiste of the water, cold and drie of the Earth. But although all these complexcions be assembled in euery body of man and woman, yet the body taketh his denominacion of those qualities, which abound in him, more than in the other, as hereafter insueth.

¶ The bodie, where heate and moisture haue soueraintee, is called Sanguine, wherein the ayre hath preeminence, and it is perceyued and knowen by these signes, which doo folow.

Sanguin.

- Carnolitee or flechinesse.
- The veynes and arteries large.
- Heare plentie and redde.
- The vysage white and ruddie.
- Sleape muche.
- Dreames of bluddy thynges, or thynges pleasaunt.
- Pulse great and full.
- Digestion perfect.
- Angry shortly.
- Siege, vrine, and sweat abundãt.
- Fallyng shortly into bleedyng.
- The vrine redde and grosse.

¶ Where cold with moyſture preuaileth, that body is called fleumatike, wherin water hath preeminence, and is perceiued by theſe ſignes.

Fleumatike.
- Fatneſſe quauyng and ſoft.
- Veynes narrow.
- Heare muche and playne.
- Colour white.
- Sleape ſuperfluous.
- Dreames of thynges watrie, or of fiſhe.
- Slowneſſe.
- Dulneſſe in learnyng.
- Lowardiſe.
- Pulſe low and littell.
- Digeſtion weake.
- Spittell white, abundant, and thicke.
- Urine groſſe, white, and pale.

¶ Cholerike, is hot and drie, in whome the fire hath preeminence, and is diſcerned by theſe ſignes folowyng.

cholerike.
- Leanneſſe of body.
- Coſtiueneſſe.
- heare blak or dark aburn, curled
- Viſage and ſkinne red as fire, or ſalowe.
- Hotte thynges noyfull to him.
- Littell ſleape.
- Dreamz of fire, fighting, or āger
- Witte ſharpe and quicke.
- Hardy and fightyng.
- Pulſe ſwift and ſtrong.
- Urine high coloured and clere.
- Voyce ſharpe.

¶ Melancholike is colde and drie, ouer whome the earth hath dominion, and is perceiued by these signes.

Melancolyke.

Leanneſſe with hardneſſe of skynne.
Heare plaine and thinne.
Colour duskiſhe, or white with leanneſſe.
Muche watche.
Dreames fearefull.
Stiffe in opinions.
Digeſtion ſlowe and yll.
Cymorous and fearefull.
Anger longe frettyng.
Pulſe littell.
Seldome laughyng.
Urine watry and thinne.

BEſides the ſaied complexcions of all the hole body, there be in the particuler membres, complexcion, wherin if there be any diſtemperance, it bringeth ſickneſſe or griefe into the membre. Wherfore to know the diſtemperature, theſe ſignes folowynge woulde be conſidered. Forſene, that it be remembred, that ſome diſtemperatures be ſimple, and ſome be compound. They whiche be ſymple, be in ſimple qualitees, as in heat, cold, moiſt, or drie. They whiche be compounde, are in compounde or mixte qualitees, as heate and moyſture, heate and drithe: colde and moyſte, colde and drie. But nowe firſte will wee ſpeake of the ſimple complexciõs of euery principall member, beginnyng at the brayne.

The braine exceeding in heat hath

- The head and viſage very redde and hot.
- The heare growyng faſt blacke and courled.
- The veines in the eies apparaunt.
- Superfluo⁹ matter in ỹ noſethrils, eien, & eares.
- The head annoyed with hotte meates, drinkes, and ſauours.
- Sleepe ſhorte and not ſounde.

The braine exceeding in cold hath

- Muche ſuperfluitee runnynge out of the noſe, mouth, eares, and eien.
- Heare ſtreight & fine growyng ſlowly, and clarē
- The headde diſpoſed by ſmall occaſion to poſes and murres.
- It is ſone annoied with colde.
- It is colde in touchyng.
- Veynes of the eyen not ſeene.
- Sleapie ſomwhat.

Moiſt in exceſſe hath

- Heares playne.
- Seldome or neuer bald.
- Witte dull.
- Muche ſuperfluitees.
- Sleape much and depe.

The braine dry hath
- No superfluitees rünnyng.
- Wittes good and redy.
- Watchefull.
- Heares blacke, hard and fast growyng.
- Balde shortly.

Complexcions compouned.

Brain hot & moist distempered hath
- The head akyng & heuie.
- Full of superfluitees in the nose.
- The southern wind greuous.
- The Northern wynde holsome.
- Slepe deepe but vnquiet with often wakynges and strange dreames.
- The senses and wit vnperfecte.

Braine hot and dry distempered hath
- None abundance of superfluitee, which may be expelled.
- Sences perfect.
- Muche watche.
- Soner balde than other
- Much heare in childehoode, and blacke or browne, and curled.
- The hed hot and ruddy.

Braine colde & moist distempred hath.

- The senses and wit dul.
- Much sleape.
- The head soone replenished with superfluous moysture.
- Distillacions and poses or murres.
- Not shortly belde.
- Soone hurte with colde.

Braine cold and dry distempered hath.

- The head cold in selyng and without colour.
- The veines not apering
- Soone hurte with cold.
- Often discraled.
- Wit perfecte in childehode, but in age dull.
- Aged shortly, and balde.

Of the Hert.

The hert hotte distẽpered hath

- Muche blowyng & puffyng.
- Pulse swift and busie.
- Hardinesse & manhod much
- Promptnesse, actiuitie, and quickenesse in dooynge of thynges.
- Furie and boldnesse.
- The breast heary towarde the left side.
- The breast brode with the head littell.
- The body hotte, excepte the lyuer doo let it.

The hert cold distempred hath.
- The pulse very littell.
- The breth littell and slowe
- The brest narowe.
- The body all colde, excepte the liuer doeth inflams it,
- Fearfulnesse.
- Scrupulositie ¶ muche care
- Curiositee.
- Slowneſſe in actes.
- The breast cleane without heares.

The hert moist distempred hath.
- The pulse soft.
- Sone angry ¶ sone pacified.
- The body all moyste, excepte the liuer disposeth contrary.

The hert dry distempered hath
- The pulse harde.
- Not lightly angry, but beeyng angry, not soone pacified.
- The body dry, except the liuer doth dispose contrary.

The hert hotte and moiste.
- The brest and stomacke hery.
- Promptnes in actes.
- Soone angry.
- Fiersnes but not so muche as in hotte and dry.
- Pulse soft, swift, and busy.
- Breath or wynd accordyng.
- Shortely falleth into diseases caused of putrifaction.

The herte hotte and dzie.

- The hert pulſe greate and ſwift.
- The bzeath oz winde accoz-dyng.
- The bzeaſt and ſtomacke all heary.
- Quicke in his doynges.
- Boldneſſe and hardineſſe.
- Swift & haſty in mouyng.
- Soone ſtirred to angre, and tyzannous in maners.
- The bzeaſt bzode and all the body hot and dzy.

The herte colde and mayſte.

- The pulſe ſoft.
- Feareful and tymozous.
- Slow.
- The bzeaſt cleane without heare.
- Not haſtily angrie, noz re-teinyng anger.
- The bzeaſt narow.
- All the bodie cold and moiſt.

The hert colde and dzie hath

- The pulſe hard and littell.
- The wynde moderate.
- Seldom angry, but whan it hapneth, it dureth lang.
- The bzeaſt cleane withoute heare and littell.
- All the bodie colde and dzie.

Of the Liuer.

The liuer in heate distempered hath
- The veynes great.
- The bloud more hot than temperate.
- The bealy heary.
- All the body hot, excedyng temperance.

The liuer cold distempered hath
- The veynes small.
- Abundance of fleume.
- The bloud colde.
- All the body colde in feelyng.
- The bealy without heare.

The liuer moyst distempered hath
- The veynes soft.
- Much bloud and thinne.
- All the body moyste in feelyng, excepte the hert disposeth it contrary.

The lyuer dry distempered hath
- The veynes harde.
- The bloud littell and thicke.
- All the body drie.

¶ The complexcions compoũde may be decerned by the saied simple qualities. And here is to be noted, that the heate of the herte may vaynquishe the colde of the liuer. For heate is in the herte, as in the fountayne or spryng: and in the lyuer, as in the ryuer. Gale in arte perus. li. 2.

Of the Stomacke.

The ſtomacke hot, diſtempered.

- He digeſteth well ſpecially hard meates, & that wil not be ſhortli alterd Lyght meates & ſoone altered, be therein corrupted.
- The appetite littell and ſlowe.
- He deliteth in meates & drinkes whiche be hotte for euery naturall complexion diliteth in his ſemblable.

The ſtomake cold diſtempered.

- He hath good appetite.
- He digeſteth ill and ſlowly, ſpecially groſſe meates and harde.
- Colde meates doue ware ſowre beyng in him vndigeſted.
- He deliteth in meates and drinkes, which be colde, and yet in them he is indomaged.

The ſtomak moiſt diſtempered.

- He thriſteth but ſeldome, yet he deſyreth to drinke, with ſuperfluous drinke he is hurte.
- He delytethe in moyſte meates.

The stomacke dry distempered.
- He is soone thyrstie.
- Content with a lyttell dryncke.
- Diseased with muche dryncke.
- He deliteth in, dry meates

¶ It is to be noted, that the disposicions of the stomacke natural, do desire that which is of like qualities. The disposicions vnnaturall, doo desyre thynges of contrary qualities.
¶ Also not the stomacke onely causeth a man to thyrst or not thirste, but also the lyuer, the lunges and the herte.

Of the genitories or stones of generacion.

The genitories hot distempred.
- Great appetite to the act of generacion.
- Ingendryng men children.
- Heare soone growen aboute the membres.

The genitories, cold distempred.
- Small appetite to the act of generacion.
- Ingendring women childre
- Slow growthe of heare aboute the membres.

The genitories moist distempred
- Sede abundant but thinne and watrie.

The genitories dry distempred
- Sede littel but metely thicke in substance.

Lasse

Genitozies hot and moyſte.
- Leſſe appetite to lechery than in them, whiche be hotte and dzy.
- Moze puiſſance to doo it, and withoute leſſe domage.
- Hurte by abſteinyng from it.
- Leſſe herines thã in hot ⁊ dzy

The genitozies hotte and dzie.
- The ſeede thicke.
- Much fruiteſulnes of Generacion.
- Great appetite and redines to the act.
- Heare aboute the membzes ſoone growen.
- Dwiftneſſe in ſpedyng of the acte.
- Soone therwith ſatiſfied.
- Damage by vſyng therof.

The genitozies cold and moiſt.
- The ſeede watry and thinne.
- Littell deſyze to the act, but moze puiſſance than in them which be colde and dzie.
- Littell heares oz none aboute the membzes.

The genitozies colde and dzie.
- Heares none oz few.
- Litle apetit oz non to lechery
- Littell puiſſance to do it.
- Ingendzyng moze females than men childzen.
- That litel ſeed that is is thicker than in cold and moyſt.

Of humours

IN the body of Man be foure principall humours, which continewyng in the proporcion, that nature hath limitted, the bodye is free from all sickenesse. Contrary wyse, by the increase or diminucion of any of them in quantitee or qualitee, ouer, or vnder their naturall assigment, vnequall temperature cometh into the body, whiche sickenesse foloweth more or lasse accordynge to the lapse or decay of the temperatures of the saied humours, whiche be these folowyng.

Bloudde, Choler,
Fleume, Melancoly.

¶ Bloud hath preeminence ouer all other humours in susteinyng of al liuyng creatures, for it hath more conformitie with the originall cause of liuyng, by reason of temperateness in heate and moysture, also nourisheth more the body, and restoreth that which is decaied, beyng the very treasure of life, by losse wherof, death immediately foloweth. The distemperature of bloud happeth by one of the other thre humors, by the inordinat or superfluous mixture of the.

Of Fleume.

¶ Fleume is of two sortes. Naturall and Vnnaturall.

¶ Naturall fleume is a humour colde & moyst, white and swete, or without taste, ingendred by insufficiēt decoction in the seconde digestion of the watry or raw partes of the mattier decocte called

called Chilus, by the last digestion made apt to be cõuerted into bloud. In this humour, water hath dominion most principall.

¶ Fleume vnnaturall is that, whiche is myxte with other humours, or is altered in his qualitee: And therof is .viii. sundry kindes.

Fleume.

Watry, whiche is foũden in spetil of greate drinkers, of them, whiche digest yll.
Slimy or rawe.
Glasi, like to white glasse, thicke.
Wiscous like byrde lyme & heuy.
Plastry, whiche is very grosse, & as it were chalky, such is founde in the ioinctes of thẽ, which haue the goute.
Salt, which is mingled wt choler
Sower, mixt wt melancoly, whiche cõmeth of corrupt digestion.
Pontick Harshe, thicke and grosse, which is seldome founden, whiche tasteth like greene crabbs or sloes.
Stiptik or bīding, is not so gros nor cold, as harsh, & hath the tast like to greene red wine, or other lyke, straynyng the tunge.

¶ Choler doeth participate with natural heate as long as it is in good temperance. And therof is also two kyndes:

Naturall and
Vnnaturall.

Choler naturall.

¶ Naturall cholet is the fome of bloudde, the colour wherof is redde and clere, oz moze like to an ozenge colour, and is hot and dzy, wherin the fire hath dominion: and is light and sharpe, and is ingendzed of the most subtill parte of matter decocte oz boyled in the stomacke, whose beginnyng is in the liuer.

¶ Annaturall choler is that, which is mixt oz corrupted with other humours, wherof be foure kyndes.

Citrine oz yelowe choler, whiche is of the mixture of natural choler, and watery fleume, and therfoze hath lesse heat than pure choler.

Yelky like the yelkes of egges, whiche is of the myxture of fleume congeled, and choler natural, and is yet lasse hot than the other.

Greene like to leekes, whose beginning is rather of the stomak, thā of the liuer

Green like to green canker of mettall, and burneth like venim, and is of exceedyng aduſtion of choler oz fleume, and by these two kindes nature is mozti fied.

¶ Melancoly oz blacke choler is diuided into two kindes.

Naturall, which is the dzegges of pure bloud, and is knowen by the blackneſſe, whan it iſſueth either downewarde oz vpwarde, and is verily colde and dzy.

Annaturall, whiche pzoceedeth of the aduſti-

aduſtion of cholerike mixture, and is hotter & lighter, hauyng in it violence to kill, with a dangerous diſpoſicion.

Of the membres.

¶ There be diuerſitees of membres. that is to ſay.

- The brayne.
- The herte.
- The lyuer.
- The ſtones of generacion.

Officiall membres.

- Synewes which doo ſerue to the braine.
- Arteries or pulſes, which doe ſerue to the hert.
- Veines which do ſerue to the lyuer.
- Veſſels ſpermatike, wherein mans ſeede lieth, which doo ſerue to the ſtones.

Partes called Similares, for beynge deuided they remayne in theim ſelf like as they were.

- Bones.
- Griſtell.
- Calles betwirte the vttermoſte ſkin and the fleſhe.
- Muſcules or fillettz
- Fatte.
- Fleſhe.

membres inſtrumentall.

- The ſtomacke.
- The raynes.
- The bowelles.
- All the great ſynewes.

These of their vertu do apetite meate & alter it.

¶ Of powers.

- Animall.
- Spirituall.
- Naturall.

Naturall power
- Whiche doe minister.
- To whom is ministred.

Whiche doeth minister.
- Appetiteth.
- Retayneth.
- Digesteth.
- Expelleth.

To whom is ministred.
- Ingendreth.
- Nourisheth.
- Feedeth.

Power spirituall
- Worckyng, which delateth the hert & arteries, and eftsones streineth them.
- Wrought, which is stired by an exteriour cause to worck, wherof comth anger indignacio, subtiltie, & care

Power animall.
- That which ordeineth, discerneth, and composeth.
- That mooueth by voluntarie mocion.
- That whiche is called sensible, wherof doe procede the fiue wittes.

Of that whiche ordeineth doo procede.
- Imagination in the forhed.
- Reaſon in the braine.
- Remembrance in the nodell.

Operacions.
- Appetite by heate & drythe.
- Digeſtiō by heate and moiſture.
- Reteinyng by colde & drythe.
- Expulſion by cold & moiſte.

¶ Spirite is an ayrie ſubſtance, ſubtil, ſtiryng the powers of the bodie, to performe their operacions, whiche is deuided into.

- Naturall, whiche taketh his beginnynge of the liuer, and by the veynes, whiche haue no pulſe, ſpreadeth into all the hole bodie.
- Vitall, whiche procedeth from the herte, and by the artires or pulſes is ſent into all the hole bodie.
- Animall, whiche is ingendred in the braine, and is ſent by the ſenewes, thoroughout the bodie, and maketh ſence or feelyng.

¶ Annexed to thinges naturall.

Ages be.iiii.
- Adoleſcencie to .xxv. yeares hot and moiſt, in the whiche tyme the bodie groweth.
- Iuuentute vnto .xl. yeares hot and dry, wherein the body is in perfect growth.
- Senectute, vnto .lx. yeres, colde and dry, wherein the bodye beginneth to decrece.

Age

Age decrepite, vntill the last tyme of lyfe, accidentlly moiste, but naturally cold and drie, wherin the powers and strēgth of the bodie be more and more minished.

¶ Colour.

Of inwarde causes.
Of outward causes.

Coler of inward causes:
- Of equalitee of humours, as he that is redde and white.
- Of inequalitie of humours, wherof doe procede black, sallow, pale, or white onely.
- Redde. } doe betoken dominion of heate.
- Blacke. }
- Sallowe. }
- White, colde of fleume.
- Pale colde melancolie.
- Redde, abundance of bloud.
- Sallowe. choler citrine.
- Blacke, melancholie or choler aduste.

Colour of outwarde causes:
- Of colde or heate, as Englische men be white, Moriens be blacke.
- Of thinges accidentall, as of feare, of anger, of sorrow, or other like motions.

Coloure of heare.
- Blacke, either of aboundaunce of choler inflamed, or of muche incendyng or aduſtion of bloud.
- Redde heare, of muche heate not aduſte.
- Gray heares of abundance of melancholy.
- White heares of the lacke of naturall heate, and by occaſion of fleume putrified.

¶ All the reſidue concernyng thynges naturall conteined in the Introduction of Joannitius, and in the littell craft of Galene, I pourpoſely paſſe ouer for this time, for as muche as it doeth require a reader hauyng ſome knowlage in philoſophie naturall, or els it is hard and tedious to be vnderſtand. Moreouer this, whiche I haue written in this firſt table, ſhalbe ſuffycient to the conſeruacio of helth, I meane with that whiche now foloweth in the other tables.

¶ The ſecond Table.

Thinges not naturall be ſo called, becauſe they be no porcion of a natural bodie, as they be, whiche be called naturall thynges, but yet by the temperaunce of theim the bodie beynge in healeth, ſo conſiſteth, by the diſtemperaunce of them, ſickeneſſe is induced, and the bodie diſſolued.

¶ The fyrſte of thynges not naturall, is ayre, whiche is properly of it ſelfe, or of ſome mate-

riall

vtall cause or occasion good or yll.

¶ That whiche is of it selfe good, hath pure vapours, and is odoriferous.

¶ Also it is of it selfe, swift in alteracion from hot to cold, wherin the bodie is not muche prouoked to swete for heate, ne to chyll for vehemencie of colde.

¶ Ayre among all thinges not naturall is chefly to be obserued, for as muche as it doeth both inclose vs, and also enter into our bodies, specially the most noble member, which is the hert, and we can not be separate one howre from it. for the necessitee of breathyng and fetchynge of wynde.

¶ The causes wherby the ayre is corrupted, be specially foure.

- Influence of sundrie sterres.
- Great standynge waters neuer refreshed.
- Larraine liynge longe aboue ground.
- Muche people in smal roume liyng vncleanely and slutsthely.

Wynd bryngyng holsome ayre.

- Northe, whiche prolongeth lyfe, by expulsynge yll vapours.
- East is temperate & lusty.

windes bringyng yll ayre.

- Southe corrupteth, and maketh yll vapours.
- Weste, is very mutable, whiche nature doth hate.

Meate and dzynke.

In meate and dzinke we muſte conſider ſixe thynges.

Subſtaunce.
Quantitee.
Qualitee.
Cuſtome.
Tyme.
Dzder.

Subſtaunce, ſome is good, whiche maketh good iuyce and good bloud, ſome is yll, and ingendzeth yll iuyce and yll bloud.

Meates and dzinkes makynge good iuyce.

Bzead of pure floure, of good wheate ſomewhat leuened, well baked, not to old nor to ſtale.

Egges of felauntes, hennes, or partriches newe laied, poched, meane betwene rere and herde.

Milke new milked, dzonke faſting, wherin is ſuger or the leaues of myntes.

Felauntes.

Partriches or chickens.

Capons or hennes.

Byzdes of the feeldes.

Fiſhe of ſtonie ryuers.

Veale ſuckyng.

Porke young.

Beefe not paſſyng thzee yeres.

Pygeons.

Venyſon of redde deere.

Peaſe potage with mintes.

Frete

Feete of swyne or calues.
Fygges rype. } before meales.
Raysons, }
Bourage.
Languedebieke.
Persely.
Wyntes.
Ryce with almonde wylke.
Lettyse.
Lykorie.
Grapes.
Wines good moderately taken, well tuned.
Ale and biere sixe daies olde, cleane brewed.
and not stronge.
Wyzth and gladnesse.
The lyuer and braynes of hennes and chykens.
and yong geese.
¶ Weates and drinkes makyng ylł iuyce.
¶ Olde bieke.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.
Inward of beastes.
Blacke puddynges.
The hert, liuer, and kydneis of all beastes.
The braines and mary of the backebone.
Wood culuers.
Shell fische, except crenise de eau doulce.
Cheese hard.
Apples and peares muche bled.
Figges and grapes not rype.
All rawe herbes, except lettise, borage.

and Lykorie.
Onyons, } { immoderately vſed, ſpe-
Garlyke, } { cially in Cholerike ſto-
Leekes, } { mackes.
Wyne in muſte or ſowre.
Feare, ſorowe, and penſifeneſſe.

Weates ingendryng choler.

Garlyke.
Onyons.
Rokat.
Kerſis.
Leekes.
Muſtarde.
Pepper.
Honye.
Wyne muche dronken.
Swete meates.

Weates ingendryng fleume.

All fymie and cleauyng meates.
Cheſe new.
All fiſhe, ſpecially in a fleumatik ſtomak.
Inwardes of beaſtes.
Lambes fleſhe,
The fyne w partes of fleſhe.
Skynnes.
Braynes.
Lunges.
Rapes.
Cucumbers.
Repleſion.
Lacke of exercife.

Weates

Meates ingendryng melancholy.

Bieke.
Gotes flesshe.
Hares flesshe.
Bozes flesshe.
Salte flesshe.
Salte fysshe.
Colewoztes.
All pulse except white peason.
Browne bzeade courfe.
Thicke wyne.
Blacke wine.
Olde chefe.
Olde flesshe.
Great fysches of the fea.

Meates meakyng thicke luyer.

Rye bzeadde.
Muske.
Bzead without leauen.
Cake bzeadde.
Sea fysshe great.
Shell fysshe.
Bieke.
The kydneis.
The lyuer of a fwyne.
The ftones of beaftes.
Mylke muche fodden.
Rapes.
All rounde rootes.
Cucumbers.
Sweete wyne.
Deepe redde wyne.
Garlyke.

Mustarde.
Origanum.
Hyssope.
Basyll.
Fenell.
Chese.
Egges fried or hard.
Chesten nuttes.
Rauews.
Figges grene.
Appuls not ripe.
Pepper,
Rokat,
Leekes.
Onyons.
} much vsed.

¶ Meates which do hurt the teeth.

¶ Very hotte meates.
Nuttes.
Swete meates and drynkes.
Radishe rootes.
Harde meates.
Wylke.
Bytter meates.
Muche vomyte.
Leekes.
Fyshe fatte.
Lymons.
Colewortes.

¶ Meates which do hurt the eies.

¶ Dronkennesse.

Lechyd

Lechery.
Wyne.
All poulse.
Swete wynes and thicke wines.
Hempe sede.
Very salt meates.
Garlyke.
Onyons.
Colewortes.
Radyshe.
Readynge after supper immediately.

¶ Makyng great opilacions.

¶ Thycke mylke.
All swete thinges.
Rye breadde.
Swete wynes.

Meates inflatyng or wyndy.

¶ Beanes.
Lupynes.
Licer.
Wille.
Cucumbers.
All kynde of herbes.
Fygges dry.
Rapes.
Nauews raw.
Mylke.
Wony not well clarified.
Waste.

Thynges good for the head.

¶ Cubebes.
Galingale.
Lignum aloes.
Maioram.
Maulme mintes.
Gladen.
Nutmegges.
Muske.
Rosemary.
Roses.
Piony.
Hisope.
Spyke.
Camomyll.
Melilote.
Rew.
Frankynsence.

Thynges good for the herte.

¶ Cynamome.
Saffron.
Lozall.
Cloues.
Lignum aloes.
Perles.
Macis.
Maulme mintes.
Myrabolanes.
Muske.
Nutmegges.
Rosemary.
The bone of the hert, of a redde deere.
Maioram.
Bugloss.
Bourage.
Betuall.

Thynges good for the liuer.

¶ Wormwoode
With wynde.
Agrymony.
Saffron.
Cloues.
Endyue.
Lyuerwoꝛte.
Cykoꝛy.
Plantayne.
Dragons.
Reasons greal.
Saunders.
Fenell.
Violettes.
Rosewater.
Lettise.

Thynges good for the lunges.

Glycampane.
Hysope.
Scabiose.
Licoꝛise.
Raysons.
Maidenheare. Pes

Penidies.
Almondes.
Dates.
Piſtaces.

Thynges good for the eyes.
Eye bryght.
Fenell.
Aetum.
Roſes.
Celandine.
Agrimony.
Cloues.
Colde water.

Thynges good for the ſtomake.
Myrabolanes.
Nutmegges.
Organum.
Pyſtaces.
Quynces.
Olybanum.
Wormwode.
Saffron.
Coral.
Agrymony.
Fumitory.
Galingale.
Cloues.
Lignum aloes.
Maſtic.
Mynte.
Spodium.
The innermoſt ſkynne of a hennes gyſar.
Coriander prepared.

THE SECONDE BOOKE.

of Quantitie. Cap. 1.

THE QVANTITIE of meat muſt be portioned after the ſubſtance and qualitie therof, and accordynge to the complexiō of him that eateth. Firſt it ought to be remēbred, that meates hotte and moyſt, which are qualities of the blud are ſone turned into blud, & therfore much nouriſheth the body. Drams meates do nouryſh but lyttell

littel, hauyng lyttell conformitie with blouddes in their qualities. Of them whiche do nourishe, some are more grosse, some lighter in digestion. The grosse meate ingendreth grosse blonde, but where it is wel concoct in the stomake, and well dygested, it maketh the flesshe more firme, and the officiall membres more stronge, than fyne meates. Wherefore of men, which vse much labour or exercise, also of them, which haue very cholerike stomackes, here in Englande, grosse meates may be eaten in a great quātitee: and in a cholerike stomacke biefe is better digested thā a chikens leg, for as muche as in a hot stomack fyne meates be shortly aduste and corrupted. Contrariwise in a colde or fleumatik stomake grosse meate abydeth long vndygested, and maketh putrified matter. light meates therfore be to suche a stomake more apte and conueniente. The temperate body is beste nourisshed with a littel quantitie of grosse meates: but of temperate meates in substaunce & qualitie, they maie safely eate a good quantitie. Forsene alwaie that they eate without gourmandyse, or leaue with some appetite. And here it wold be remembred, that the cholerike stomake doth not desire so muche as he maie digeste, the melancholy stomake may not digeste so muche as he desyreth: for colde maketh appetite, but naturall heate concocteth or boylethe. Notwithstandyng vnnaturall or supernaturall heate destroieth appetite, and corrupteth digestion, as it appereth in feuers. Moreouer fruites and herbes, specially raw, woulde be eaten in a small quantitee, al-

though

though the person be verie cholerike, forasmuch as they do ingender thynne watry blonde, apt to receiue putrifaction, whiche although it bee not shortely perceiued of hym that vseth it, at length they fele it by sundry diseases, which are long in commyng, and shortly sleeth, or be hardly escaped. Finally excesse of meates is to bee abhorred. For as it is saied in the boke called Ecclesiasticus, In muche meate shal be sickness, and inordinate appetite shal approche vnto choler. Semblably the quantitee of drynke would be moderated, that it excede not nor bee equall vnto the quãtitee of meate, specially wyne, whiche moderately taken, aydeth nature, and comforteth hit, and as the saide author of Ecclesiasticus saieth, Wyne is a reioycing to the soule and body. And Theognes saieth in Galenes worke, A large draught of wyne is yll, A moderate draught is not only not yll, but also cõmodious or profitable, Eccles. 17. Eccle. 31 Gal. de tuenda sanitate.

¶ Of Qualytee of meates. Cap. 2.

QValitee is in the complexion, that is to saie, it is the state thereof, as hotte or colde, moyste or dry. Also some meates bee in wynter colde in acte, and in vertue hotte. And it wold be cõsidered, that euery complexiõ temperate and vntemperate, is conserued in his state, by that whiche is lyke therto in fourme and degree. But that whiche excedeth much in distemperance, muste be reduced to his temperaunce, by that whiche is contrary to hym in fourme or qualitee, but like in degree moderatly vsed. By fourme is vnderstand grossenesse, fine-

nesse,

nesse, thickenesse, or thinnesse, by degree, as the fyrste, the seconde, the thyrd, the fourth in heate colde, moysture, or dryth.

¶ Of Custome.

CUstome in feedyng is not to be contempned, or littell regarded: for those meates, to the which a man hath ben of long time accustomed, though they bee not of substaunce commendable, yet do they sometyme lesse harme than better meates, whereunto a man is not vsed. Also the meates & drynkes, which do much delite him that eateth, are to be preferred before that whiche is better, but more vnsauery. But if the custō be so pernicious, that it nedes must be left, than wold it be withdrawen by littel and lyttell in time of helth. and not of sickenesse. For if it shuld be withdrawen in tyme of syckenesse, Nature shuld susteine treble detriment. first by the griefe induced by sickenesse, second by receiuyng of medicines, thyrdely by forbearyng the thyng, wherin she delyteth.

Hipocrates apho Galenus

Of the temperature of meates to be receiued. Cap. 4.

TO kepe the body in good temper, to them whose naturall complexiō is moist, ought to be giuē meates that be moist in vertue or power. Contrariwyse to them, whose naturall complexion is dry, ought to be geuen meates dry in vertue or power. To bodyes vntemperate, suche meates or drynkes are to be gi-

uen,

nen, which be in power contrary to the distem-
perance, but the degrees are alway to be consy-
dered, as wel of the temperance of the bodie, as
of the meates. For where the meates doo much
exceede in degree the tẽperature of the body, thei
anoy the body in causyng distemperaunce. As
hotte wynes, pepper, garlike, onions, and salte,
be noyfull to them, whiche be cholerike, because
they be in the highest degree of heat and drythe,
aboue the iust temperaunce of mannes bodie in
that cõplexion. And yet be they oftentimes hol-
some to them, whiche be fleumatike. Contrari-
wise, cold water, cold herbes, and colde fruites
moderately vsed, be holsome to cholerike bodies
by puttyng away the heate, excedynge the natu-
rall temperature: and to them, whiche be fleu-
matike, they be vnholsome, and doo bryng into
them distemperaunce of colde and moyste.

What distemperaunce happeneth by the exs cesse of sundrie qualitees in meates and drinkes. Cap. 5.

Meates,
- Colde doo congele and mortifie.
- Moist, do putrifie and hasten age.
- Dry, sucketh vp naturall moisture.
- Clammy, stoppeth the issue of vapours and vrine, and ingendreth tough fleume and grauel.
- Fatte and oyly, swimmeth longe in the stomake, and bringeth in lothsomnesse.
- Bitter, doeth not nourishe.
- Salte, do fret much the stomake.

Harrishe, lyke the taste of wylde fruictes, doo constipate and restraine.
Sweete, chaufeth the bloud, and causeth opilacions or stoppynges of the pores and conduites of the body.
Sower cooleth nature, and hasteneth age.

What commoditee happeneth by the moderate vse of the saied qualitees of meates and drinkes. Cap. 6.

Meates.

Colde asswageth the burnyng of choler.
Moyste, humecteth that whiche is dried.
Drye, consumeth superfluous moysture.
Clammie, thicketh that whiche is subtill and persyng.
Bitter, clenseth and wipeth of, also mollifieth and expelleth fleme.
Salte, relenteth fleume clammy, and drieth it.
Fatte and vnctuous, nourisheth and maketh soluble.
Stiptike or rough on the tongue bindeth and comforteth appetite
Sweete doth clense, dissolue, and nourishe.

Of fruites. Cap. 7.

For as much as before that tillage of tozns was inuented, & that deuourynge of flesshe and fisshe was of mankind vsed, men vndoubtedly liued by fruictes, and Nature was therwith contented and satisfied, but by change of the diet of our progenitours, there is causled to be in our bodies suche alteracion from the nature, which was in man at the beginnyng that now all fruictes generally are noyfull to man, and doo ingender yll humours, and be oft times the cause of putrified feuers, if they bee muche and continually eaten. Notwithstandyng vnto them, which haue abundance of choler, they be sometime conuenient, to represse the flame, whiche procedeth of choler. And some fruites, whiche be stiptike or byndyng in taste, eaten before meales, do binde the bealy, but eaten after meales, they be rather laxatiue. Now shall it not be vnexpedient, to write of some fruictes particularly, declarynge their noyfull qualitees in appeirynge of Nature, and howe they may be vsed with least detriment.

Of Gourdes.

Gourdes rawe be vnpleasant in eatynge, Galē de
yll for the stomake, and almost neuer di- alimentis, 2a.
gested, therfore he that will needes eate them, must boyle them, rost them, or frie them, euery way they be without sauour or taste, and of their proper nature, they geue to the body colde and moiste nourischement, and that very

litell, but by reason of the slypperneſſe of theyr ſubſtaunce: and because all meates, whiche be moyſte of their nature, be not bindynge, they lightly paſſe forth by the bealy, And beynge well ordered, they will be metely concoct, if corrupcion in the ſtomake do not preuent them: they be colde and moiſte in the ſecond degree.

¶ Of Melons and Pepons.

MElones and pepones be almoſte of one kynde, but that the melone is rounde like an apple, and the innermoſt parte therof, where the ſedes are conteigned, is vſed to be eaten. The pepon is muche greater & ſomewhat long, and the inner parte therof is not to be eaten: They bothe are very colde and moiſt, and doo make yll iuyce in the body, if thei be not well digeſted, but the Pepon muche more than the Melon, they doo leaſt hurte, if they be eaten afore meales. Albeit if they doo fynde in the ſtomacke fleume, they be turned into fleume, if thei finde choler, they be tourned into choler. Not withſtandynge there is in them the vertue to clenſe and to prouoke vrine: they bee colde and moyſte in the ſeconde degree.

¶ Cucumbers.

Galē de alimentis. 2.

CUcumbers do not excede ſo much in moiſture as melons, and therfore they be not ſo ſone corrupted in the ſtomacke: but in ſome ſtomakes, beyng moderately vſed, they doo digeſt well, but if they be aboundantly

eaten

eaten, or muche vsed, they ingender a colde and thicke humour in the veynes, whiche neuer or seldome is tourned into good bloud, and somtime bryngeth in feuers. Also they abate carnall luste. The seedes as well therof, as of melons and gourdes, beyng dried, and made clene from the huskes, are very medicinable agaynst sickenesses procedyng of heate: also the difficultee or let in pissyng: they be colde and moyste in the second degree.

¶ Dates.

Be hard to digest, therfore beyng much eaten and not well digested, they annoy the head, and cause gnawynge in the stomacke, & make grosse iuice, and sometime cause obstructions or stoppynges in the lyuer and spleane. And where ther is inflamacion or hardnesse in the body, they are vnholsome, but beynge well digested and temperately vsed, they nourishe and make the flesche fyrme, and also bindeth the bealy: olde dates be hotee and drie in the fyrste degree: newe gathered are hotte and moiste in the firste degree.

¶ Of fygges.

FYgges eaten, do shortly passe out of the stomake, and are sone distributed into all the partes of the body, and haue the power to clense, specially grauel, beyng in the raynes of the backe, but they make no substanciall nourishmēt, but rather somwhat louse and wyndie, but by their quicke passage, the wynde is soone dissolued. ¶ Therfore if they be ripe, they do leaste Actio. 3.

harme of any fruites, or almost none. Dry figges and olde, are more hotte and moyste than new gathered, but beyng much eaten they make yll bloud and iuyce, and as some doo suppose, doo ingender lice: and also annoieth the liuer & the splene, if they be inflamed, but hauynge the power to attenuate or make humours currant, they make the body soluble, and doo clense the raynes. Also beyng eaten afore diner with gynger or pepper, or powder of time, or peniroyall, they profite muche to them, whiche haue oppylations or hard cõgeled matter in the inner partes of the body, or haue distillations or reumes fallyng into the breast and stomacke. New fyggges are hotte and moiste: olde figges are hotte in the first degree, and drie in the seconde.

¶ Of grapes and raysons.

Galē de alimen. lis. 2.

GRapes doo not nourisshe so muche as figges, but beyng ripe, they make not muche yll iuyce in the body: all be it newlye gathered, they trouble the bealye, and fylleth the stomacke with wynde, therfore if they be hanged vp a while, ere they be eaten, they are the lesse noyfull. Sweete grapes, are hottest, and do lose somwhat, and make a man thirsty.

Dioſc. 5. Sowre grapes are cold, and doo also loose, but they are harde of digestion, and yet they doo not nourisshe. They which are in taste bitter or harrisshe, be like to them that are sowre. Raysons doo make the stomacke firme & stronge, and doo prouoke appetite, and do comfort weake bodies

beyng eaten afore meales. they be hotte in the first degree, and moiste in the second.

¶ Of Cheries.

Cheries if they be sweet, they doo sone slip downe into the stomacke, but if they bee sowre or sharpe, they be more holsome, and doo loose, if they be eaten fresshe, and newly gathered: they be colde and moiste in the first degree.

¶ Of Peaches.

Peaches do lesse harme, and do make better iuyce in the body, for they are not so soone corrupted beyng eaten: of the iuice of them may be made a syrope, very holsome agaynst the distemperance of choler, wherof procedeth a stinkyng breathe: They be colde in the first degree, and moyst in the seconde.

¶ Of Appulles.

All appulles eaten soone after that they be gathered, ar cold, harde to digest, and do make yll and corrupted blud, but beyng welt kept vntill the next winter, or the yere folowyng, eaten after meales, they are right holsome, & do confirme the stomacke, and make good digestion, specially if they be rosted or baken, most properly in a cholerike stomacke: thei ar best preserued in hony, so that one touche not an other. The rough tasted appuls are holsome, where the stomake is weake by distemperaunce of heate or muche moysture. The bitter

appulles, where that grieke is increased. The sowre appulles, where the matter is congeled or made thicke with heate: In distemperature of heate and drithe by drinkynge muche wyne, they haue been saunde commodious: beeynge eaten at night, goeyng to bedde, without drynkyng to them, they be colde and moyste in the first degree.

¶ Of Quinces.

QUinces be colde and drie, eaten afore meale, they bynde and restraine the stomake, that it mate not digest well the meate, except that they be rosted or sodden, the core taken oute and mixte with honye clarified, or sugar, than they cause good appetite, and preserueth the head from drunkennesse: taken after meate, it cloaseth and draweth the stomake together, and helpeth it to digest, and mollifieth the bealy, if it be abundantly taken, they be colde in the first degree, and drie in the beginnyng of the second.

¶ Of Pomegranates.

POmegranates be of good iuyce, and profitable to the stomacke, specially they, whiche are sweete, but in a hotte feuer, they that are sowre be more expedient and holsome, for than the sweete doo incende heate, and puffe vp the stomake.

Of

¶ Of peares.

Peares are much of the nature of appulles, but they ar heuier, but taken after meate, rosted or baken, they are not vnholsome, and doo restraine and knitte the stomacke beyng ripe: they be colde and moyste in the firste degree.

¶ Medlars.

Medlars are colde and dry, and constrictiue or strainyng the stomake, and therefore thei may be eaten after meales, as a medicine, but not vsed as meate, for they ingender melancholy: they be colde and drye in the seconde degree.

¶ Walnuttes.

Walnuttes, if they be blaunched, are supposed to be good for the stomacke: somewhat loosyng the belly, mixt with sugar, they doo nourishe tẽperately. Of two dry nuttes, as many figges, and .xx. leaues of Rew, with a grayne of salt, is made a medicine whereof if one doo eate fastynge, nothyng whiche is venemous may that day hurt him, and it also preserueth against the pestilence, and this is the very right Withydate, they be hotte and dry in the seconde degree, after some opinions hot in the thirde degree, dry in the second.

¶ Filbers and hasyll nuttes.

They be more strong in substance than wal-

nuttes, wherfore they are not so easyly or soone digested. Also they do inflate the stomacke, and cause head ache, but thei ingender fatte. And yf they be rosted, they be good to restrayne reumes. Also eaten with pepper, they are good agaynst tourmentes of the bealy, and the stoppyng of bryne. They be hot and dry in the first degree.

¶ Of Almondes.

Thei do extenuate and clense without any byndynge, wherfore they purge the breste and lunges, specially bitter almõdes. Also thei do mollifie the bealy, prouoke slepe and causeth to pisse well. fiue or sixe of them eaten afore meate, kepe a man from beyng dronke: they be hot and moyst in the first degree.

¶ Of Chesteyns.

They beyng rosted vnder the ymbers, or hot asshes, do nourishe the body strongely, and eaten with hony fastynge, doo helpe a man of the cough.

¶ Prunes.

Of the gardeyne and ripe, doo dispose a man to the stoole, but they doo bryng no maner of nourishement. To this fruite like as to figges this propertie remaineth that beynge dried, they doo profite. The Damascke prune rather bindeth than looseth, and is

is moze commodious vnto the stomacke: they be colde and moyst in the seconde degree.

¶ Olyues.

COndite in salte lycour, taken at the beginnyng of a meale, doth cozrobozate the stomacke, stirreth appetite, and loseth the bealy beyng eatē with vineger. Thei whiche be ripe, are temperately hotte, they which be greene are colde and dzy.

¶ Of Capers.

¶ They nouriſhe nothyng after that they be salted, but yet they make the bealy loose, & purgeth fleume, whiche is therein conteined. Also stirreth appetite to meate, and openeth the obstructions, oz stoppyng of the lyuer and splene, beyng eaten with oximel, before any other meate they be hotte and dzy in the seconde degree. Galē de alimentis. 2.

¶ Ozenges.

¶ The ryndes taken in a littell quantitee, doo comfozt the stomacke, where it dygesteth, specially condite with sugar, and taken faskyng in a small quantitee. The iuyce of ozenges, hauyng a tost of bzeade put vnto it, with a littell pouder of mintes, sugar, and a litle cinamome, maketh a very good sauce to pzouoke appetite. The iuice eaten with suger in a hotte feuar, is not to bee discommended. The rinde is hotte in the fyrste degree, and dzy in the second. the iuice of theym is cold in the seconde degree, and dzy in the first.

Herbes

Herbes vsed in Potage, or to eate. Cap. 8.

GEnerally all herbes raw, and not sodden doo ingender colde and watrie iuice, if they be eaten customably, or in abundãce: albeit some herbes are more comestible, and doo lesse harme vnto nature, and moderately vsed, maketh metely good bloud.

¶ Lettise.

AMong al herbes, none hath so good iuice as lettise: for some men doo suppose, that it maketh abundance of bloud, all be it not very pure or perfit: it doeth set a hot apetite and eaten in the euenyng, it prouoketh sleape, al be it, it neither doeth loose nor binde by vealy of his owne propriety. It increaseth milk in a womans brestes, but it abateth carnall apetite, and much vsyng therof, hurteth the eie sight It is colde and moyste temperately.

¶ Colewortes and Cabages.

BEfore that auarice caused marchantes to fetche out of the east and southe partes of the world, the traffike of spice and sundrie drougges, to contẽte the vnsaciableneſſe of wanton appetites, Colewortes for the vertues supposed to be in thẽ, were of suche estimacion, that they were iudged, to be a sufficient medycine agaynste all diseases, as it may appere in the booke of wyse Cato, wherin he writeth of hys

husbandrie. But now I wyll no more remember, than shall be required, in that whiche shall be vsed as meate, and not pure medicine. The iuice therof hath vertue to pourge: The holle leaues beyng halfe sodden, and the water powred out, and they beyng put eftsones into hotte water, and sodden vntill they be tender, so eaten they doo bynde the bealy. Some do suppose if they be eaten raw with vineger before meate, it shall preserue the stomacke from surfettyng, and the head from drunkennes: all be it muche vsyng of them dulleth the sight, excepte the eyes be very moyste. Finally the iuice that it maketh in the body, is not so commẽdable, as that whiche is ingendred of lettise. It is hotte in the first degree, and drie in the seconde.

¶ Of Lykory or succory.

IT is like in operation to lettise, and temperet cholet wõderfully, & therfore in al cholerike feuers, the decoction of this herbe, or the water therof stilled, is right expedient. Semblably the herbe and rote boiled with flesshe, that is freshe, beyng eaten, kepeth the stomacke and head in very good tẽper. I suppose that Southistel and Dentdelion, be of like qualities, but not so conuenient to be vsed of them, whiche are hole, because they are wilde of nature and more bitter, and therefore causeth fastidiousenesse or lothsomnesse of the stomak. It is colde and drie in the seconde degree.

En-

¶ Endiue and Scariole.

BE muche like in their operacion to Cikorie, but they are more conuenient to medicine than to meate. All be it Scariole called white Endiue, hauynge the toppes of the leaues turned in and laide in the Earthe, at the latter ende of sommer, & couered, becommeth white and crisp, like to the great stalkes of cabage lettise, whiche are in winter taken vp and eaten. And to them that haue hot stomakes and drie, they be right holsom, but beynge to muche vsed, or in very great quãtitee, they ingender the humour, which maketh the cholike, thei be colde and moyste in the firste degree.

¶ Malowes.

Are not colde in operation, but rather somewhat warme, and haue in them a slipperneſſe. Wherfore beynge boyled and moderately eaten with oyle and vineger, they make meetely good concoction in the stomacke, and causeth the superfluous mattier therin easily to passe, & clenseth the bealy. It is hotte and moyste in the first degree.

Galē. de alimentis. 2.

¶ White beetes.

Are also abstersiue and lowseth the bealie, but much eaten, annoieth the stomacke, but they are ryght good agaynst obstructions or stoppynge of the liuer, if they be eaten with vyneger or mustarde, likewyse it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde.

Horſtan

¶ Purslane.

Dothe mitigate the great heate in all the inwarde partes of the body, semblably of the head and eies: also it repressleth the rage of Venus, but if it be preserued in salte or vyne, it heateth and pourgeth the stomacke. It is colde in the. iii degree, and moyst in the second.

¶ Charuayle.

Is very profitable vnto the stomacke, but it may not susteyne very muche boylynge, eaten with vineger, it prouoketh appetite, and also vryne. The decoction therof dronke with wyne, clenseth the bladder.

¶ Dozell.

Beyng sodden, it louseth the bealy. In a tyme of pestilence, if one beynge fastynge, doo chewe some of the leaues, and sucke downe the iuyce, it meruelously preserueth from infections, as a new practiser called Guainerius doeth write. And I my self haue proued it in my housholde. The seedes therof brased & dronke with wyne and water, is very holsome against the colyke and frettyng of the guttes: it stoppeth fluxes, and helpeth the stomake annoied with repleciō. It is colde in the thirde degree, and drie in the seconde.

Persely.

Is very conuenient to the stomacke, & comforteth appetite, and maketh the breath sweete, the seedes and roote causeth vrine to passe wel, and breaketh the stone, dissolueth wyndes, the rootes boiled in water, and therof oximell being made

made, it dissolueth fleume, and maketh good digestion. It is hotte and dzie in the third degree.

¶ Fenell.

Beyng eaten the seede oz roote maketh abundance of milke, lykewise dzunke with Ptisane oz ale. The sede somwhat restraineth flux, pzouoketh to pisse, and mitigateth fretinges of the stomacke and guttes, specially the decoction of the roote, if the mattier, caulynge frettynge, be colde, but if it be of a hotte cause, the vse therof is dangerous, foz inflamacion oz erulceracion of the raines oz bladder. It is hot in the thyzde degree, and dzie in the first.

Galen. simpli. de medicament. li. 3. ca. 74.

¶ Anyse seede.

Maketh sweet breath, pzouoketh vzine, and dziueth downe thynges cleauyng to the raynes, oz bladder, stirreth vp courage, and causeth abundaunce of milke. It is hotte and dzie in the thyzde degree.

¶ Beanes.

They make wynde, how so euer they bee ozdered: the substance, which they doo make, is spungy, and not firme, all be it they be abstersyue, oz clensyng the body, they tary longe, er they be digested, and make grosse iuice in the body: but if onions be sodden with them, they bee lasse noyfull.

¶ Pealyn.

Are muche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body, thei be also abstersiue, oz clensynge, specially white pealyn, and they also cause metely good

nous

nourishyng, the huskes taken awaie. And the broth, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rootes and Nauewes. Cap. 9.

The iuice made by them is very grosse, and therfore beyng muche eaten, if they be not perfectly concott in the stomake, they doe make crude or rawe iuice in the veynes. Also if they be not well boyled, they cause wyndes, and annoie the stomacke, and make sometyme frettynges: If they be well boyled fyrst in cleane water, and that beyng caste awaie, the second tyme with fatte flesshe, they norishe muche, and doe neyther loose nor bynde the bealie. But Nauewes dooe not nourishe so muche as rapes, but they be euen as windie.

Turnepes.

Beyng well boyled in water, and after with fatte flesche, nourysheth muche, augmenteth the seede of manne, prouoketh carnall lust. Eaten rawe they stirre vp appetite to eate, beyng temperately vsed, and be conuenient vnto theim, whiche haue putrified matter in their breastes or lunges, causyng them to spitte easily, but beynge muche and often eaten, they make rawe iuice and wyndinesse.

Parsnepes and Carrettes.

Gal. sup. medi. lib. 7.

They doe nourishe with better iuice than the other rootes, specially carrettes, which are hot and drie, and expelleth wind. Notwithstanding muche vsed they ingender yll iuyce, but carettes

lesse than parsneps, the one & thother expelleth
urine. Radyshe rootes.

Paul. Aegineta. Dioscor. lib. 7. de alimentis. Haue the vertue to extenuate or make thinne, and also to warme. Also they cause to breake wynde, and to pysse: beyng eaten afore meales they let the meate, that it may not discende, but beyng eaten last, they make good digestion, and looseth the bealy, though Galenus wryte contrary. For I, among diuerse other, by experience haue proued it: Notwithstandyng they be vnholsome for them, that haue continually the goute, or peine in the ioyntes.

Garlyke.

It doeth extenuate and cutte grosse humours and slymie, dissolueth grosse wyndes, and heateth all the body, also openeth the places, which are stopped, generally where it is well digested in the stomake: it is holsom to diuers purposes, specially in the bodie, wherin is grosse matter, or muche colde inclosed, if it be sodden vntyll it looseth his tartnesse, it somewhat nourisheth, and yet looseth not his propertee, to extenuate grosse humours, beyng sodden in mylke, it profiteth much against distillacions from the head into the stomake.

Onyons.

Do also extenuate, but the long onyons more than the round, the red more than the white, the drie more than they whiche be grene: also rawe more than sodden, they stirre appetite to meate, and put away lothsomnesse, and lose the bealy, they quicken sighte, and beyng eaten in great abundannce with meate, they cause one to sleepe

soundly

foundly. ¶ Leekes.

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clense the bodie, and also make it soluble, and prouoketh urine. Moreouer it causeth one to spitte out easily the fleume, whiche is in the breast. galen. 7. cap. 138.

Sauge.

It heateth, and somewhat byndeth, and therewith prouoketh urine, the decoction of the leaues and braunches beyng dronke. Also it stoppeth bleedyng of woundes, beyng laied vnto them. Moreouer it hath been proued, that women, whiche haue been long tyme without chyldren, and haue dronke. x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue compaigned with their husbandes, haue conceiued at that time. It is hotte and drie in the third degree, the vsyng therof is good against palseis.

Isope.

Doeth heate and extenuate, wherby it digesteth slymie fleume: beeyng prepared, with fygges, it pourgeth fleume downward, with hony and water vpward, boyled in vineger it helpeth the tooth ake, if the teeth be washed therewith, it is hotte and drie in the third degree.

Bourage.

Comforteth the hert, and maketh one merie, eaten rawe before meales, or laied in wine that is dronke. Also it mollifieth the beelie, and prepareth to the stoole. It is hot and moiste in the middell of the first degree.

Sauery.

Pourgeth fleume, helpeth digestion, maketh quicke sight, prouoketh vrine, and stirreth carnal appetite. It is hot and dry in the .iii. degree.

Rokat.

Heateth muche, and increaseth seede of man, prouoketh courage, helpeth digestion, and somwhat louseth. It is hotte and moyste in the second degree.

Tyme.

Dissolueth wyndes, breaketh the stone, expelleth vrine, and ceasseth frettynges, It is hotte and drie in the third degree.

Penyroyall.

Doeth extenuate, heate, and decoct, it reformeth the stomake oppressed with fleume, it doth recomfort the faynt spyrite, it expelleth melancoly by siege, and is medicinable against manie diseases. It is hot and drie in the thyrd degree.

Towncresses.

Paulus discommendeth, saiyng, that it resisteth concoction, and hurteth the stomake, and maketh yl iuice in the bodie, taken as medicine, it helpeth many diseases. It is hotte and dry in the thyrd degree.

Rosemary

Hath the vertue to heate, and therefore it dissolueth humours congeled with colde: It helpeth against palseis, fallyng sickneſſe, old diseases of the breast, tourmentes or fretting, it prouoketh vrine and sweat: it helpeth the cough taken with pepper and hony, it putteth awaie tooth ake, the roote beyng chewed, or the iuyce therof put into

the toothe, beyng bourned, the fume therof reſiſteth the peſtilence: the rinde thereof ſodden or busned, and the fume receued at the mouth, ſtoppeth the reume, which falleth out of the head into the chekes or thzote: whiche I my ſelfe haue pzoued, the grene leaues bzuiſed, doe ſtoppe the hemozoides, if they be layed vnto theim: That herbe is hotte and dzie in the third degree.

Spices growynge out of this realme vſed in meate and drinke. Cap. 10.

Pepper.

Blacke pepper is hotteſt, ond moſte dzie, white pepper is next, long pepper is moſt temperate. The generall pzopertee of all kindes of pepper is to heat the body, but as Galene ſaith, it perceth downward, and doth not ſpzeade into the veynes, if it be groſſe beaten, it diſſolueth fleume and wynd, it helpeth digeſtion, expulſeth vzine, and it helpeth againſte the diſeaſes of the bzeaſt, pzocedyng of colde. It is hot in the firſt degree, and dzie in the ſecond.

Gynger.

Heateth the ſtomacke, and helpeth digeſtion, but it heateth not ſo ſone as pepper: but afterward the heate remaineth longer, and cauſeth the mouth to be moyſte: Beyng grene, or well confectioned in ſyzope, it comfozteth muche the ſtomake and hed, and quickneth remembzance, if it be taken in the mozow faſtyng. It is hotte in the ſecond degree, and dzie in the firſt.

Saffron

Somwhat bindeth, heateth, and comforteth the stomake, and the hert specially, and maketh good digestion, beynge eaten or dronken in a small quantitee. It is hotte in the seconde degree, and drie in the first.

Cloues

Hath vertue to comfort the synewes, also to consume and dissolue superfluous humours. They be hot and drie in the third degre, sodden with milke, it cõforteth the debilitee of nature.

Maces.

Dioscorides commendeth to be dronke against spittyng of bloud, and bluddie fluxes, and excessiue laxes. Paul. Aegineta addeth to it, that it helpeth the colike. They be hot in the .ii. degree and drie in the .iii. degree. It is to the stomake very commodious, taken in a littell quantitee.

Nutmygges.

With their swete odour comfort and dissolue, and somtime comforteth the power of the sight and also the brayne in colde diseases, and is hotte and drie in the second degree.

Of breade. Cap. ii.

Galen de alimentis, 2.

BReade of fyne flowre of wheate, haupnge no leauen, is slowe of digestion, and maketh slymie humours, but it nourisheth much: if it be leauened, it digesteth soner. Bread hauyng muche branne, fylleth the bealie with excrementes, and nourisheth littell or nothyng, but shortly discẽdeth from the stomake, The meane betwene both, sufficiently leauened.

well moulded, and moderately baken, is the moste holsome to euery age. The greatteſt loues do noziſhe moſte faſte, foz as muche as the fyze hath not exhauſted the moiſture of them. Hotte bzead ſlowly paſſeth. Barlie bzead cleanſeth the bodie, and doeth not nouriſſhe ſo muche as wheate, and maketh colde iuyce in the bodie.

Of fleſhe. Cap. 12.

Beefe of Englande to engliſhemen, whiche are in healthe, bzyngeth ſtronge nouryſhynge, but it maketh groſſe bloud, and ingendzeth melancoly, but beyng of yong oxen, not exceadynge the age of fowze yeares, to them whiche haue cholerike ſtomackes, it is moze conuenient than chickens, and other lyke fine meates.

Swynes fleſhe.

Aboue all kyndes of fleſhe in nouriſhyng the body, Galen moſt cõmendeth pozke, not beyng of an olde ſwine, and that it be well digeſted of him that eateth it. Foz it maketh beſt iuyce, it is moſte conuenient foz yong perſons, and theim whiche haue ſuſteined muche labour, and therwith are fatigate, and become weake. Yong pigges are not commended, befoze that they be one moneth olde, foz they do bzede muche ſuperfluous humours.

Lambe.

Is very moiſte and fleumatike, wherfoze it is not conuenient foz aged men, excepte that it be very dzie roſted, noz yet foz them, whiche haue in their ſtomakes muche fleume.

Mutton.

Galene dooeth not commend it, notwithstan-
Galen de alimentis. 2 dyng experience proueth here in this realm, that if it be yong, it is a right temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not lyke good in all places, nor the shepe whiche beareth finest woll, is not the sweetest in eatyng, nor the moste tender. But I haue founde in some countreis mutton, which in whitenesse tenderneſſe and sweteneſſe of the flesche, mought be well nigh compared to kydde, and in dygestion haue proued as holsome.

Kydde and Meale

Of Galene is commended next vnto porke, but some men do suppose, that in helth and sickness they be muche better than Porke, the iuyce of them both beyng more pure. And here it is to be noted, that of all beastes, whiche be drie of their nature, the yongest be most holsom, of them that are moyste, the eldest are least hurtfull.

Hare, Coney.

Hippoc. de ratione victus. li. 2. ca. 19. Plin. 28. Maketh grosse bloud, it drieth and stoppeth, but yet it prouoketh a man to pysse. Cony maketh better and more pure nourishment, and is sooner digested than hare. It is well proued, that there is no meate more holsome, or that more cleane. lyrmely, and tēperately nourisheth than rabbets,

Deere red and falowe.

Hyppocrates affirmeth that flesche of hartes and hyndes to be of yll iuyce, hard of digestion, and drie, but yet it moueth vryne. Of falowe deere, he nor any other olde wryter doth speake

of

ok, as I remember. I suppose, bycause there be not in al the worlde, so many as be in England, where they consume a good parte of the best pasture in the realme, and are in nothyng profitable, sauyng that of the skynnes of them is made better lether than is of calues, the huntyng of them beyng not so pleasant as the huntynge of other venery or vermine, the flesshe much more vnholsome and vnpleasant than of a red deere, ingendring melancoly, and making many fearefull dreames, & disposeth the body to a feuer: if it be much eaten: notwithstandyng the fat therof (as some lerned men haue supposed) is better to be digested than the leane.

Of byrdes.

The flesshe of al birdes is much lighter, thã the flesshe of beastes in comparison, most specially of those foules which trust most to their winges, and do brede in high countreis.

Capons hennes and chikens.

The Capon is aboue al other foules praised, for as much as it is easily digested, & maketh litil ordure, & much good norishment. It is cõmodious to the brest and stomake. Hennes in wynter are almoste equall vnto the capon: but they do not make so strong nourishment. Auicen saith, if they be rosted in the bealy of a kyd or lambe, they will be the better. Chikens in sommer, specially if thei be cockrels, are very conuenient for a weake stomake, & nourisheth a litell. The flesshe of a cocke is hard of digestion. but the broth, wherin it is boiled, louseth the bealy. & hauinge soddẽ in it colewortes

Poly-

Polypodium, or Cartamus, it purgeth yll humours, and is medicinable against goutes ioint aches, and feuers, whiche come by courses.

Fesaunt.

Excedeth all fowles in sweteneſſe, and holsomnes, and is equal to a capō in nourysshinge, but he is somewhat drier, and is of some menne put in comparison, meane betwene a hen and a partriche.

Partriche.

Of all foules is most soonest digested: and hath in him muche nutrimente, comforteth the braine, and maketh seede of generaciō, and restoreth luste, whiche is abated.

Quayles.

Although they be of some men commended, yet experiēce proueth them to increace melancolye, and are of a small nourishinge.

Larkes

Be as well the flesshe as the brothe very holsome: eaten rosted, they do much helpe against the colyke, as Dioscorides saith.

A plouer.

Is slowe of digestion, nowrisheth lyttell, increaceth melancoly.

Blacke byrdes or ouſyls.

Among wilde foule hath the chiefe prayse, for lyghtnes of digestion, and that thei make good nowrishement, and lyttell ordure.

Sparowes.

Be hard to digest, and are very hotte, and stireth vp venus, and specially the braines of thē.

¶ Woodcockes.

Are of a good temperaunce, and metely light in digestion.

Pygeons.

Be easily digested, and are verye holsome to them, which are fleumatike, and pure melãcoly.

Goose

¶ Is harde of digestion, but beyng yonge and fattt, the wynges be easy to digest in a hole stomake, and nourysheth competently.

Ducke

Is hotter than goose, and hard to digest, and maketh wors iuyce, sauyng the brawnes on the breaste bone, and the necke, is better than the remnant.

Crane and Bustarde.

Crane is harde of digestion, and maketh yll iuyce, but beyng hanged vp long in the ayre, he is the lesse vnholsome. Bustard beyng fat, and kept without meate a day or two afore that he be kylled, to expulse his ordure, and than drawen, and hanged as the Crane is, beyng rosted or baken, is a good meate, and nourisheth wel, if he be well digested.

Hearon, Byttour, Shoueler

Beynge yonge and fatte, be lightlyer digested than crane, and the bittour sooner than the hearon, And the shouelar soner than any of theim, but all those fowles muste be eaten with muche Gynger or Pepper, and haue good olde wyne drunke after theim, and so shal they be more easyly digested, and the iuyce commyng of theim be the lasse noyfull.

The

¶ The partes and members of birdes. and beastes. Cap. 13.

The wynges, brawnes, and necke of gese, capons, hennes, fesaunt, partriche, and smal birdes, beyng fatte, are better, than the legges in digestion, and lyghter in nourysshyng. Of wildfoule and pigeons beynge fatte, the legges are better than the winges, the brawnes of ducke, teale, and wygeon except, whiche is better to digest than the residue.

The gysar or stomake.

Of a goose or henne, beyng fatte with branne and mylke, beyng well sodden or made in poulder, is good for the stomak, in makyng it strong to digest, and nourisheth competently.

The lyuer.

Of a capon, henne, fesaunt, or goose beynge made fatte with mylke mixt with their meate, is not only easy to digest, but also maketh good iuyce, and nourisheth excellently. But the lyuers of beastes be yll to digest, passeth slowely, and maketh grosse bloud, but it is strōg in nouryshing.

The inwarde of beastes, as tripes. and chytterlynges

The flesshe of them is moze harde to dygest, And therfoze although thei be wel dygested, yet make they not iuice naturally sanguine or clene, but raw iuyce and colde, and requyreth a longe tyme, to be conuerted into blonde,

The lunges or lyghtes.

Are moze easy to dygeste than the lyuer, and lesse nourysheth, but the nourishement, that it maketh,

maketh, is fleumatyke. All be it the lunges of a Fore, is medicinable for them, which haue sycknesse of the lunges.

¶ The splene or mylt.

Is of yl iuyce, for it is the chāber of melancoly.

¶ The herte.

Is of harde flesshe, and therfore is not soone digested, nor passeth shortely, but where he is well digested, the iuyce that it maketh, is not to be dyspraysed. The brayne

Is fleumatike, of grosse iuyce, slow in dygesting, noyouse to the stomake, but where it is well digested, it nourisheth much.

Marow

Is more delectable than the braine, it is il for the stomake, but where it is well digested, it norysheth muche.

The stones and bdders.

Beyng well digested, do nourysshe muche, but the stones are hotter with their moistnesse, the bdders colde and fleumatike: they both doe increase sede of generacion: but the bloude made of the bdder is better than that which commeth of the stones, except it be of calues and lambes. Also the stones of cockes, maketh commēdable nourishment.

The heade.

¶ The flesshe therof nourisheth muche, and augmenteth sede, but it is slow of dygestyon, and noyeth the stomake, but to theim, which vse muche exercise, it is not commendable.

The tongue.

Is of a spungy and sanguyne substance, but the

the kernelles and gristel, whiche are in the roo-tes, yf they bee welle digested, they make good nourysshement, yf they be not well digested, they make flewme.

¶ The feete.

FBeynge wel boyled and tender, in a hole sto-macke, dygesteth well, and maketh good iuyce and passeth forthe easelye. Galene commendeth the feete of swyne: but I haue proued, that the feete of a ponge bullocke, tenderly sodden, and laied in sowse two daies or three, and eaten cold in the euenynge, haue browght a cholerike sto-make into a good digestion and slepe, and ther-with hath also expulsed salt fleume and choler: and this haue I found in my self by often expe-rience, alwaye forsene, that it be eaten before a-ny other meate, withoutdrinking immediately after it.

¶ Of fisshe generally. Cap. 14.

THe best fysshe after the opinion of Galen is that, whiche swimmeth in a pure sea, and is tossed and lift vp with windes and sourges. The more cauime that the water is, the worse is the fysshe. They whiche are in mud-dy waters, do make muche flewme and ordure, taken in fennes and dyches be worste, beyng in freshe ryuers and swifte, be sometime commen-dable: All be it generally all kindes of fisshe ma-keth more thinner bloude than flesshe, soo that it dothe muche nourisshe and it doo the sooner passe ouer by vapours: to a hot choleryke sto-macke, or in feuers, sometyme they be holsome,

being

beyng new, freshe, and not very harde in substance or slimy, hard fysche is hard of digestion: but the nourishment therof is more firme, than that whiche is soft: those whiche haue muche grosse humours in them, are best powdred.

¶ Of Butter. Cap. 15.

Butter is also nourishyng, and profyteth in them, whiche haue humours superfluous in the brest or lounge, and lacketh riping and clēsing of them, specially if it be eaten with sugar or hony. If it be well salted, it heateth and clenseth the more.

¶ Of Cheese. Cap. 16.

Cheese by the hole sentence of all auncient writers, letteth dygestion, and is enemy vnto the stomake. Also it ingendreth yll humors, and bredeth the stone. The chese which dost least harme is soft chese reasonably salted, whiche some men do suppose nourysheth much.

¶ Of Egges. Cap. 17.

Egges of fesantes, hennes, and partriches be of all other meates moste agreable vnto nature, specialiye if they bee newe laied: if they be reere, they doe clense the throte and the breast. If they be harde, they bee slow in dygestion: but beyng ones digested, they do nourishe muche. Meane betwene rere and hard, they dygest conuenientiy, and nourysshe quyckely. Egges wel poched, ar better than rosted. If thei be fryed hard, they be of yll nourysshement, and do make stinkyng fumes in the stomake, & doe corrupt other meates, with whom thei be mingled. They be moste holsome, whan they be poched,

and

and most vnholsome, whan thei be fried. Dioscorides saith, If thei be supped warme, before any other meate, thei do heale the grieles of the bladder, and raines, made with grauell: Also soreneſſe of the chekes and throte, and spittyng of bloudde: and thei be good agaynſte rattares or stillynge out of the head, into the stomake.

¶ Of Drynkes, and fyrſt of water. Cap. 18.

VNdoubtedly water hath preeminence aboue all other lycors, not onely bycause it is an elemēt, that is to say, a pure matter, whereof all other lycours haue their originall substance, but also for as much, as it was the very natural and first drynke, to all maner of creatures. wherfore the saiyng of Pindarus the poete was euer well allowed, whiche saith, water is beſt. And one thyng is to well consydered, that from the creacion of the world, vntyll the vnyuersale deluge or floudde, durynge whiche tyme, men liued eyghte or nyne hundred yeres, there was none other drink vsed nor knowen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued long, as Appolonius, and other. and in the serchyng out of secrete and misticall thynges, their wittes excelled. Moreouer, we haue sene men and women of great age, and stronge of bodie, which neuer, or verie seldome, dranke other drynke, than pure water: As by example, in Cornewal, although that the countrey bee in a very colde quarter, whiche proueth, that yt thenne from their infancie were accustomed to

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none other drinke but to water only moderately vsed, it should be sufficient to keepe naturall moisture, and to cause the meate that is eaten to perce and discend vnto the places of digestion, which are the purposes that drinke serueth for. But now to the qualitees of water, after the sētence of aūcient philosophiers and phisicions. The raine water, after the opinion of the moste men, if it be receiued pure and clene, is most subtill and penetratiue, of any other waters: The next is that, which issueth out of a spryngе in the east, and passeth swiftly among greate stones or rockes: The third is of a clene riuer, which renneth on great hard stones or pebles. Ther be diuers meanes to trie out, which is the best water: for that whiche is lightest in poise or weight is best. Also that, wherof commeth least skimme or froth, whan it doth boyle. Also that which wyll soonest be hot. Moreouer deepe linnen clothes into sundrie waters, and after lay thē to dry, and that which is soonest dry, the water wherein it was deeped is most subtill. After a great surfet, specially taken with superfluous eating of banketting meates, colde water dronkē is a generall remedy. Hippo. affirmeth, that in sharpe and feruent diseases, none other remedie is to be required than water. And Galene will not, that childzen should be let from drinkyng of water, but that whan they feele them selfes very hotte, after meales and do desire to drinke water, specially of a clene fountain, they shuld be suffered. Also Hippo. saith: In suche sickenes where as thou feareſt, least the head should be vehemently

De ratione victꝰ in morb. acutis. Lib. 3.

greued, or the minde perished, there muste thou geue either water, or white wyne alayed with much water. Notwithstandyng there be in water cayles of diuers diseases, as of swellynge of the spene, and the liuer, it also slitteth & swimmeth, and it is long or it perceth, in as much as it is colde and slowe in decoction, it looseth not the healy, nor prouoketh vrine. Also in this it is vicious, that of his propre nature, it maketh none ordure. Finally, alway respecte must be had to the person, that drinketh it, for to ponge men, and them that be hotte of complexion, it doeth lesse harme, and somtime it profiteth: but to them that are feble, olde, fleumatike, or melancoly, it is not conuenient.

Of vvyne. Cap. 19.

Plato, the wisest of all philosophers, doeth affirme, that wine moderately dronke, norisheth and comforteth, aswell al the body, as the spirites of man. And therfore God did ordeine it for mankind, as a remedy against the incommoditees of age, that thereby they should seeme to retourne vnto youth and forget heuinesse. Undoubtedly wine heateth, and moisteth the body, whiche qualitees chiefely conserueth nature. And Galene of all wines, commendeth that, which is yelow and clere, saiyng: that it is the hottest, and white wine least hotte. And the colour meane betwene both, of semblable temperature. The yelowe wyne whiche is the propre coloure of very hotte wines, to olde men doth bryng these commoditees. First it heateth all their membres, also it pourgeth by vrin

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the watrie substaunce of the bloud. Moreouer the wines, which be pale or yelow, and full of substance, they do increase bloud, and nourishe the bodie, but for the more parte olde men haue neede of such wines, whiche doo prouoke vrines for as much as in them doo abounde watrie excrementes, or superfluitees, and thei which doo tary long in the bealy, be not apt for aged men. Blacke or deepe red wines and thicke, do binde and congele that which they do finde in the bodie, and although some of them do not longe abide in the bealy, yet they moue not vrine, but rather withdraweth: but yet they doo harme to olde men, for as much as thei do stop the cōduites of the splene, the liuer and the raynes. Also grosse wines be best for them, whiche desire to be fatte, but it maketh oppilacions: olde wyne and cleere is better for them that be fiumatike, Galene also prohibiteth children to drinke any wyne, for as much as they be of an hotte & moist temperature, and so is wine: and therefore it heateth and moisteth to much their bodies, and filleth their heades with vapours. Moreouer, he would, that young men should drinke litteil wyne, for it shall make them prone to furie, and to lechery, and that parte of the soule whiche is called rationabile, it shall make troublous and dull: notwithstandyng, yet it is sometime profitable to mitigate or expel ordure, made of choler or melancholie. Also it profiteth agaynste drithe, whiche hapneth in the substaunce of the bodie, either by to muche labour, or by the proper temperature of age: for wine moisteth and

lib. 1. de tuenda sanitate

nourisheth that, whiche is to drie, also mitigateth and dissolueth the sharpnesse of choler, and purgeth it also by vrine and sweat. Finally (as Theognes saieth.) Much drinkyng of wyne is yll, but moderate drinkyng of wine is not onely not yll, but also commodious and profitable, which sentence is confirmed by Jesus Syrac, in the booke named Ecclesiasticus, saiyng: wine moderately dronke, reioyseth both the body and soule. Wherfore to conclude this chapter, there is neither meate nor drinke, in the vse whereof ought to be a more discrete moderation, than in wine, considering that beyng good and dronke in due time and measure, it not only conserueth naturall and radical moisture, wherby life indureth, but also it helpeth the principal membres, which belong to digestion, to do their office: on the other part, beyng ill or corrupt, or taken out of order and measure, it doeth contrary to al the premisses, besides that, it transformeth a man or woman, makyng them beastly. More of the qualitees of wine, shall be touched hereafter in the order of diete.

Eccl. 31.

Of Mylke. Cap. 20.

Mylke is compacte of three substaunces, creame, whaye, and cruddes. The moste excellent milke is of a woman. The milk of a cowe is thickest, the milke of a camel is most subtill, the milke of a goate is betweene cowe mylke and camell mylke. Ewes milke is betwene cowe mylke and asses mylke. Also the mylke of beastes feedyng in large pastures, and out of Fennes and Marshes, is better than of them

them, whiche be fed in littell closes, or in watrie groundes. In spryng time milke is most subtill, and milke of yong beastes is holsomer than of old. To childzen, old men, and to them, which be oppzessed with melancoly, or haue the flesh consumed with a feuer, thicke milke is conuenient. And generally to all them, which do not fele the milke rise in their stomakes after that thei haue eaten it: in those persons, it doth easily purge that, whiche is in the bealy superfluous. And afterward it entereth into the veines, and bringeth good nozishment. Whosoeuer hath an appetite to eate or drinke milke, to thentent that it shall not arise or abraide in the stomacke, let him put into a vessel, out of the whyche he will receiue it, a fewe leaues of minte, sugar, or pure hony. And into that vessell cause the beast to be milked and so drinke it warme from the vdder, or els let him doo as Paulus Aegineta teacheth, that is to say, boyle first the milke with an easy fier, and seeth it after with an hotter fier, and skim it cleane, and with a spunge drowped in colde water, take that cleane away, which would be burned to the vessell, than put to the milke salt and sugar, and stere it often. Moreouer milke taken to pourge melancholie, would be drunke in the morning abundantly, new milked, as is before written. And he that drinketh, should absteyne from meate, and exercise, vntill the milke be digested, and haue somewhat pourged the bealy. For with labour it becometh sowre: and therfore it requireth rest and watche, or to walke very softly. Finally, where men and women

Oribasius de conuiction ciborũ, Lib. 3.

be vsed from their childhood, for the more part, to mylke, and to eate none or litteli other meate but milke and butter, they appere to be of good complexion and facion of body, and not so muche vexed with sickenesse, as they whiche dryncke wyne or ale, not withstanding much vse of milk in men sanguine or cholerike, doeth ingender the stone.

Of ale, biere, cydre, and vvhay. Cap. 21.

I Can neither here nor reade, that ale is made and vsed for a common dryncke in any other countrey, than England, Scotland, Ireland and Poyle. The latine word Cerusia, is indefferent as well to ale as to biere. If the corne be good, the water holsome and cleane, and the ale or biere well and perfitly brewed and clesed and by the space of .vi. daies or more, setled and defecate, it must needes be a necessary and conuenient dryncke, as well in sickneſſe as in helthe: considerynge that barly corne, wherof it is made, is commended and vsed in medicine, in all partes of the world, and accompted to be of a synguler efficacie in reducynge the body into good temper, specially whiche is in a distemperature of heate. For what auncient phisition is there, that in his woorkes commendeth not Ptysane, whiche is none other than pure barly braied in a morter, and sodden in water, the same thynge is small and cleane ale or biere, sauing that perchance, the dryng of the malte is cause of more drythe to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operacion. But to say as I thinke, I suppose, that neither

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hoode doeth eleuate the power of meates and drinkes in their disposicion, notwithstandynge that the .iiii. humours, sanguine, choler, fleume and melancholy, must also be considered, as it shall appere in diuers places hereafter.

Of Hony. Cap. 22.

HOny as well in meat as in drink is of incõparable efficacy, for it not only clenseth altereth and nourisheth, but also it longe time preserueth that vncorrupted, whiche is put into it. In so muche as Plinie sayeth: suche is the nature of hony, that it suffreth not the bodies to putrifie. And he affirmeth that he did see an Hippocentaure (whiche is a beast halfe man, halfe horse) brought in hony to Cloudius the emperour, out of Egipt to Rome. And he telleth also of one Pollio Romulus, who was aboue a hundred yeares olde, of whome Augustus the emperour demaunded, by what meanes he lyued so longe, and reteined styll the vigour or liuelinesse of body and mynde: Pollio answered, that he did it inwarde with meade (whiche is drinke made with hony and water) outward with oyle. Which sayyng agreeth with the sentence of Democritus, the greate Phylosopher: who beynge demaunded, how a manne myght lyue long in health, he aunswered: If he weete him within with hony, without with oyle. The same philosopher, whan he was a hũdred yeres olde and nine, prolonged his life certaine daies with the euapozacion of honie, as Aristorenus writeth. Of this excellent matter, moste wonderfully wrought & gathered by the littell Bee,

plin. li. 22.

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as wel of the pure dewe of heuē, as of the moste subtil humour of sweet and vertuous herbes & flouers, be made licours commodious to mankinde, as meade, metheglin, and oximell. Meade which is made with one part of hony, & foure times so muche of pure water, and boyled vntill no skimme do remaine, is muche commended of Galene, dronke in sommer, for preseruynge of health. The same author alwaye commendeth the vsynge of hony, eyther raw eaten with fyne bread somwhat leuened, or sodden, and receyued as drinke. Also meade parfectly made clenseth the brest and lunges, causeth a man to spitte easily, and pisse abundantly, and purgeth the bealy, moderately. Metheglin, whiche is mooste vsed in wales, by reason of hotte herbes boyled with hony, is hotter than meade, and more comforteth a colde stomake, if it be perfectly made and not new or very stale. Oximel is, where to one parte of vineger is put double so muche of hony, foure times as much of water, & that beyng boyled vnto the thirde parte, & cleane skimmed with a fether, is vsed to be taken, wherin the stomacke is muche fleume or matter vndigested, so that it be not red choler. Looke the vse therof in Alexādro tralliano. Many other good qualities of hony I omit to write of, vntil some other occasion shall happen, to remember theim particulerly, where they shal seme to be profitable.

Lib. 4. de tuenda sanitate.

Sugar. Cap. 23.

OF sugar I do find none aūcient authour of Grekes or latines, to write by name, but onely Paulus Aegineta, who saieth

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in this wise, after that he hath treated of hony, Moreouer sugar, which they call hony, that is brought to vs from Arabia, called Felix, is not so sweete as our hony, but is equal in vertue, & doth not anoy the stomacke, nor causeth thirste. These be the woordes of Paulus. It is now in dayly experience, that sugar is a thynge very temperate and nourishyng, and where there is choler in the stomacke, or that the stomacke abhorreth hony, it may be vsed for hony in al thinges, wherin hony is required to be. With sugar and vineger is made syrope acetose.

Of tyme. Cap. 24.

winter. IN the consideration of tyme, for takynge of meates and drinkes, it is to be remembred, that in wynter meates ought to bee taken in greate abundance, and of a more grosse substance than in sommer, for almuche as the exterior ayre, which cõpasseth the body beyng colde, causeth the heat to withdraw into the iner partes, where beyng inclosed, & gathered nigh together in the stomacke and entrailes, it is of more force to boile & digest that, which is receiued into it. Also meates rosted, ar than better thã sodden, and flesche and fish powdred, is than better than in sommer. herbes be not then cõmẽdable, specially raw, nether fruites, except quinces rosted or baked. Drink shuld be than takẽ in littel quãtitie. Moreouer wines shal neede no water, or very littel, and that to cholerike persones: red wines, & thei which be thicke and sweet, may be than most surely taken of thẽ, whiche haue none oppilacions, or the stone: alway remembre that

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In winter fleume increaseth by reason of rayne and moystnes of the season, also the lengthe of nightes and muche rest. And therfore in that time cholerike persons ar best at ease, semblably are yong men, but to old men winter is enemy. It beginneth the .viii. daye of Nouember, and endureth vntill the .viii. day of Febzuary. Galē in commēt in apho. 2. lib. 3.

The spzyng time doeth participate the fyrste parte with winter, the later parte with Sommer. Wherfore if the firste parte be colde, than shall the diete be accozdyng to wynter. If the ende be hotte, than shall the diet be of sommer. If bothe partes be temperate, than should there be also a temperance in diete: alwaye consydereyng, that fleume yet remaineth, & bloud than increseth. And meate would be lesse in quantitee than in winter, and dzinke somwhat moze. Spzyng time beginneth the .viii. day of Febzuarie, and continueth vnto the .viii. day of May. Spzing time. Hippocrates de natura humana.

In Sommer the inward heat is but littel, & the stomacke doth not digest so strongly noz quicly, as in winter, wherfoze in that season, eatynge often, and a littell at ones, is most conuenient. And Damascenus saythe, that fastyng in sommer dzieth the bodie, maketh the colour salow, ingendzeth melancholy, and hurteth the sight: also boyled meat, bzeadde steeped in white bzothe, with sodden lettise, oz cycozy, are than good to be vsed. also varietie in meates, but not at one meale, potages made with colde herbes, dzinke in moze abundance, wine alaied with water, to hot complexions much, to colde natures lesse. In this season bloud increaseth, and towarde Galē cō. aph. 18. lib. 1. cōmer. Hippo. de humorib⁹.

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the ende therof, choler. And therfore they, which be colde of nature and moyste, are than beste at ease, hotte natures and dry worste: moreouer, childzen, and very yonge men in the begynnyng of sommer, are holest, old folke in the later ende and in harueste. sommer beginneth the. viii. day of may, & continueth vntill the. viii. day of August. Autumne beginneth the. 8. day of August, and endeth the. viii. day of Nouember, that season of the yere is variable, & the ayre changable, by occasion wherof, happen sondry sickenesses, bloud decreaseth and melancoly abūdeth: wherfore al sommer fruites would than be eschewed, for as much as they make yll iuice and winde in the body. In this time meat would be more abundant than in sommer, but somewhat drier: drinke must be lesse in quantitee, but lesse mixte with water. This time is dangerous to al ages, al natures, and al countreys: but the natures hotte and moyst be lest indamaged.

Gal. in comm̄et in apho.

Diete concernynge sundry times of the yere vvritten by the olde phisicion Diocles to kyng Antigonus.

From the. xii. day of December, at the whiche time the day is at the shorte st, vntil the ninth day of Marche, which doo continue lxxxx. daies, reumes & moistures do encrese, than meates and drinkes naturally very hotte would be moderately vsed. Also to drink abundantly wyne without alay or with littell water, and to vse liberally the commany of a womā, is not vnholsome to the body.

¶ From the ninthe daye of marche, at whiche time

tyme is Equinoctiū vernum, vnto the. xxv. day of apryll, sweete fleume and bloud doo increase: therfore vse thou thynges hauynge muche iuice and sharpe, exercise the body diligently, than may ye vse safely the company of a woman.

¶ From the. xx. day of Apryll, to the. xiiii. day of June, Choler increaseth, than vse all thinges that are sweete, & do make the bealy soluble, forbeare carnall company with women.

¶ From the. xiiii. day of June, at whiche time the dai is at the lēgest, vnto the. xii. day of September, doth melancoly reigne, forbeare carnall campany, or vse it moderately.

¶ From the. xii. day of September, vnto the xvii. day of October, doo abounde fleume and thinne humours, than would all fluxes and distillations be prohibited, than all sharpe meates and brynkes and of good iuice, are to be vsed, and carnal occupacion should than be eschewed:

¶ From the. xvii. day of October, to the. xii. day of December, increaseth grosse fleume, vse therfore all bitter meates, sweete wynes, fatte meate, and much exercise.

Of Ages. Cap. 25.

Childre

CHildren would be nourished with meates and drinkes, whiche are moderately hot & moiste, not withstandyng Galene doeth prohibite theym vse of wyne, because it moysteth and heateth to muche the body, and filleth the heades of them, which are hotte and moist with vapours. Also he permitteth them in hot wether to drink clere water of the fountaine.

Galē de tuen. sa. lib. 1.

A childe

Oribasius de rute sip. Lib. 1.

¶ A childe growyng fast in his mẽbres toward a man, so that he semeth well fedde in the body, is than to be feared of fulnesse of humours, and if it be perceiued, that he is replete, than muste be with drawen and minished som parte of that nutriment, and accordynge vnto his age, some euacuacion would be deuised, other while by exercise, walkyng vp and downe fastynge, and before that they eate any meate, lette them exercise them selues with their owne labours: & do their owne accustomed businesse, and eate the meates whervnto thei be most vsed, so that it be suche that may not hurt them. And this nede thei not to know of phisicions, but by experiẽce and diligent serche by their stoole, their norices shall perceiue what digesteth wel; and what doth not.

¶ But if it appere that by excessiue feedyng the bealy of the child is fuller and greatter than it was wont to be, and that whiche passeth by the bealy, is corrupted, or his sweate stinketh, these thynges knowen, if they eate stronge meates, geue thẽ not one kinde of meat, but diuers, that the noueltie of the meate may helpe, that they may goe more easily to the stoole: For if any haue an vnreasonable appetite, he is soner recouered, if he be purged by a boile or impostume comen forthe and broken, before that the meate be corrupted, and after that lette him eate fine meates: and beyng ones hole, retourne by litle and littell vnto his olde custome.

Yonge men.

¶ Yonge men, excedyng the age of. xiiii. yeres, shall eate meate more grosse of substance, colder and moyster, also salades of colde herbes, and

so

to drinke seldome wine, except it be alayd with water. Albeit, all these thynges must be tempred accordynge to their complexions, exercyse and quietnes in liuyng, wherof ye shall rede in their propre places hereafter. Old men, in whom naturall heat & strength semeth to decay, shuld vse alway meates, whiche are of qualitee hotte and moist, and therwithall easy to be digested, and abstein vtterly from al meates & drinkes, which will engendre thicke iuice and slymy, semblably from wine, which is thicke, sweet, and dark red wines, and rather vse them, whiche will make thin humours, and wil purge wel the bloud by vrine, therfore white or yelow wynes, and perchance frenche claret wynes are for them very commendable. Also wyne prepared with pure hony clarified, wherin rootes of persly or fenell be steped, specially if they suspect any thynge of the stone or goute. And if they more desire to clense their raines and bladder: than it is good to vse small white wine, as racked renish wyne, or other lyke to it. And sometime to steepe ouer night therin a persely roote slyt, and somewhat bruysed, and a littell licorice. Finally, let them beware of all meates that will stoppe the pores, and make obstructions or opilacions, that is to say, with clammy matter stoppe the places, where the naturall humours are wrought and digested, the whiche meates I haue before sette in a table. But if it chaunce them, to eate any suche meate in abundance, lette them take shortly suche thinges, as doo resist opilacions, or resolue them. As white pepper, bruised and

Old me

Paulus Aegine. lib. 1. ca. 23.

Opilacions what they ar.

myrre

myxt with theyr meates or drinkes, garlike also or onyons, if they abhorre them not. Alway remembre that aged men should eate oftē, and but littell at euery time, for it fareth by theim, as it doeth by a lampe, the light wherof is almost extincte, which by pourynge in of oyle littell and littell, is longe kept burnyng: and with muche oyle poured in at ones, it is cleane put out. Also they must forbeare all thynges whiche doo ingender melancoly, wherof ye shall reade in the table before: and breadde clene without leauen, is to them vnholsome.

Moderation in diete, hauyng respect to the strength or vveaknes of the person. Ca. 26.

NOw here it must be considered, that all though I haue writtē a general diete for euery age, yet neuertheleſſe it muſte be remembred, that some childzen & yong men, either by debilitee of nature, or by some accidentall cause, as sickness, or muche study, happen to gather humours fleumatike or melancoly in the places of digestion, so that cōcoction or digestion is as weake in thē, as in those whiche are aged. Semblably some olde men kynde nature so beneficiall vnto them, that their stomackes and liuers are more stronge to digeste than the saied yonge men, some perchaunce haue muche choler remainyng in them. In theſe cases the saied yong men must vse the diete of olde menne, or nigh vnto it, vntill the discrasy be remoued, hauynge alway respecte to theyr vniuersall complexions

plexions, as they whiche are naturally choleʃ
rike to vſe hotte thynges in a moze temperance
than they, which be fleumatike, oz melancholy
by nature. The ſame obſeruacion ſhall be to old
men, ſauyng that age, of his owne pzopertie is
colde and dzie, therfoze the olde man, that is
cholerike, ſhall haue moze regard to moyſture in
meates than the yonge man beyng of the ſame
complexion. Fozeſeen alway, that where na- Hippoc. aphor.
ture is offended oz greeued, ſhe is cured by that, gale in comm.
which is contrary to that, whiche offendeth oz
greueth, as colde by heate, heate by colde, dzithe
by moyſture, moyſture by dzith. In that wher-
by nature ſhould be noziſhed in a hole and tem-
perate body, thynges muſt be taken, whiche are
like to the mans nature in qualitie and degree.
As where one hath his bodie in a good temper,
thynges of the ſame temperance doeth nouriſhe
him. But where he is out of temper, in heate,
colde, moyſture oz dzithe, temperate meates oz
dzinkes nothyng do pzofite him. Foz beyng out
of the meane and perfit temperature, nature re-
quireth to be therto reduced by contraries, re-
membzyng not only, that contraries are reme-
die vnto their contraries, but alſo in euery con-
trary, conſideracion muſt be had of the pzopoz-
cion in quantitee.

Tymes in the day concernyng meales. Cap. 27.

BEſides the times of the yeare, and ages,
there be alſo other times of eatynge and
dzinkyng to be remembzed, as the ſondzie

times in the day, which we call meales, whiche are in numbre and distaunce, accordynge to the temperature of the countrey and person. As where the cõtrey is cold, and the person lusty, and of a strong nature, there may mo meales be vsed, or the lesse distance of time betwene them. Contrariwyse in contrary countreies and persones, the cause is afore rehearsed, where I haue spoken of the diet of the times of the yere, not withstandyng here must be also consideracion of exercise and rest, whiche doo augment or appeire the naturall disposition of bodies, as shalbe more declared hereafter in the chapter of exercise. But concernyng the generall vsage of cõtreies, and admitting the bodies to the perfect state of healthy, I suppose that in England yonge men, vntill they come to the age of xl. yeres, may well eate thre meales in one day, as at breakfast, dyner, and supper, so that betweene breakfast and dyner, be the space of. iiii. houres at the least, betwene diner & supper. vi. houres, and the breakfast lesse than the diner, and the diner modcrate, that is to say, lesse than sacietee or fulnesse of healy, and the drinke therevnto measurable, accordyng to the drynesse or moistnesse of the meate. For muche aboundaunce of drinke at meale, drowneth the meate eaten, and not onely letteth conuenient concoction in the stomacke, but also causeth it to passe faster then nature requireth, and therfore ingendreth muche fleume, and consequently reumes, and crudenes in the veynes, debilitee and slipperneſſe of the stomacke, continuall fluxe, and many o-

ther

ther inconuenīences to the body and membres.

¶ But to returne to meales, I thinke brekefastes necessary in this realm, aswel for the causes before rehersed, as also for asmuch as choler beyng feruēt in the stomacke, sendeth vp fumosities vnto the brain, & causeth hed ach, & sometime becommeth adust, & smouldzeth in the stomacke wherby hapneth perillo⁹ sicknes, and sometyme sodein death, if the heat inclosed in the stomake haue not other conuenient matter to worke on: this dayly experience proueth, and natural reō confirmeth. Therfore men and womē not aged, hauing their stomackes clene without putrified matter, sleepyng moderately and soundly in the nyght, and feelynge them selfe light in the mornyng, and sweete breathed, let them on goddes name breake their faste: Cholerike menne with grosse meate, men of other complexions with lighter meate: forseen, that they labour somewhat before: semblably their diner and supper, as I haue before written, so that they slepe not incontinent after theyr meales. And here I will not recite the sentences of authors, whiche had neuer experience of englishe mennes natures, or of the iuste temperature of this realme of England, onely this counsell of Hippocrates shall be sufficient. We ought to graunt somewhat to tyme, to age, and to custome: notwithstandynge where great werinesse or drithe, greueth the bodie, there ought the diner to be the lesse, and the lenger distance betwene diner and supper. Also muche reste, except a littell soft walkynge, that by an vpright mouyng the meate beynge styrred

Breake fast.

Hip. 2p hor. 18. lib. 1. Galē. de tuenda sanitate

may distend. This is alway to be remembred, that where one feeleth him selfe full, and greued with his dynner, or the sauour of his meat by eructaciō ascēdeth, or that his stomacke is weake by late sickenesse or much study, than it is moste conuenient to abstaine from supper, and rather prouoke him self to cleape muche, than to eate or dzincke any thyng. Also to dzincke betweene meales, is not laudable, except very great thirst constraineth: for it interrupteth the office of the stomacke in concoction, and causeth the meat to passe faster than it should do, and the dzinke beyng cold, it rebuketh naturall heat that is wozkyng, and the meate remainyng raw, it corrupteth digestion, and maketh crudinesse in the veines. Wherfore he that is thirsty, let him consider the occasion. If it be of salt fleume, let him walke fayre and softly, and onely washe his mouthe, and his throate with barley water, or smalle ale, or lye downe and sleepe a littell, and so the thyrste will passe away, or at the least bee well asswaged. If it happen by extreme heate of the ayre, or by a pure choler, or eatynge of hotte spices, let him dzinke a littell Julep made with cleane water and sugar, or a littell small biere or ale, so that he dzinke not a greate glutte, but in a littell quantitee, let it stil downe softly into his stomacke, as he sitteth, and than let him not moue sodeinly. If the thirst be in the euenynge by eatynge to muche, and dzinkyng of wine, than after the opinion of the best learned physitions, and as I my selfe haue often experienced, the best remedie is, if there be no feuer, to dzinke

a good

a good draught of colde water immediately, or els if it be not peinefull for him to vomitte, to prouoke him therto with a littell warme water, and after to washe his mouth with vineger and water, and so to sleepe longe and soundly, if he can. And if in the morning he feele any fumosities rising, than to dringe ℥ ulep of violettes, or for lacke therof, a good draught of very small ale or biere somwhat warmed, without eatynge any thyng after it.

Of diuersitee of meates eaten, vvherby health is appaired. Cap. 28.

NOw let this be a generall rule, that sondrie meates, beyng diuers in substaunce and qualitee, eaten at one meale, is the greatest enemy to health that may be, and that which ingendreth most sicknesses, for some meates beyng grosse & hard to digest, some fine and easy to digest, do require diuers operations of nature, and diuers temperatures of the stomacke, that is to say, much heate and temperate heate, whiche may not be togither at one tyme. Therfore whan the fyne meate is sufficientlye boyled in the stomacke, the grosse meate is raw, so both iuices, thone good and perfite, thother grosse and crude, at one time digested, and sente into the veynes and body, nedes must helth decaie, and sicknesses be ingēdred. Likewise in diuers meates beyng of diuers qualities, as wher some are hotte and moist, some cold and moiste,

some hotte and drie, some colde and drie, accordyng therunto shall the iuice be diuers, whiche they make in the bodie. And like as betwene the saied qualitees is contrarietee, so therby shal be in the body an vnequall tẽperature, for asmuch as it is not possible for man to esteme so iuste a proporcion of the qualities of that, which he receiueth, that thone shal not excede thother in quantitee. Wherfore of the saied vnequall mixture, nedes must ensue corrupcion, and consequently sickneſſe. And therfore to a hole man, it wer better, to feede at one meale competentely on very grosse meat only, so that it be sweet, and his nature do not abhorre it, than on diuers fine meates, of sundrie substance and qualitees. I haue knowen and seene olde men, and olde women, which eatyng only biefe, baken, chese, or curdes, haue continued in good health, whome I haue proued, that whan they haue eaten sondrie fine meates at one meale, haue soone after felt themself greeued with frettynges and head ache, and after that they haue ben hole againe, there hath been geuen to them one kinde of light meate, they haue done as well therwith, as they were wont to do with grosse meates, whan they eate it alone, which proueth to be true that whiche I haue reherſed. And it is good reason, for after the generall opinion of philosophers and phisitions, the nature of mankinde is beste contente with thinges most simple and vnmixt, all thinges tendyng to vnitee, wherin is the onely perfection. Also it is a generall rule of phisike, that where a sickeneſſe may be cured with simples,

that

that is to say, with one onely thyng, that is medicinable, there should the phisicion geue no cõpounde medicine mixte with many thynges.

These thynges considered, it may seeme to all men, that haue reson, what abuse is here in this realme in the continual gourmandise and daily feedyng on sondrie meates at one meale the spirite of gluttony, triumphyng amonge vs in his glorious chariot, called welfare, dryuyng vs afore him, as his prisoners, into his dungeon of surfet, where we are tormented with catarres, feuers, goutes, pleurisies, krettynge of the gutes and many other sicknesses, and finally cruelly put to death by them, oftẽtimes in youth, or in the most pleasant time of our life, whan we would most gladly liue. For the remedy wherof how many times haue there been deuised ordinaunces and actes of counsayle? although perchance bodyly health was not the chiefe occasion therof, but rather prouision against vayne and sumptuous expenses of the meane people. Gluttonie.

For the nobilitee was exẽpted, and had libertee to abyde still in the dungeon, if they would, and to liue lesse while than other men: But whan, where, and how longe were the saied good deuises put in due execucion, for all that thereof shuld succede double profite, that is to say, helth of body, and increse of substance, by eschewynge of superfluous expenses in sundry dishes? Alas howe longe will men fantasie lawes and good ordinaunces, and neuer determine them. Fantasie procedeth of witte, determinacion of wisdome, witte is in the deuysyng and speakynge,

but wisedome is in the performance, which resteth only in execucion. Here I haue almost forgotten, that my purpose was to write of the order of diete, and not of lawes: but the feruent loue that I haue to the publique weale of my countrey, constreined me to digresse somewhat from my matter: but now will I procede forth to write of order, whiche in takynge of meates and drinkes, is not the least part of diete.

Of order in receiuyng of meate and drinke. Cap. 29.

HErbes as well sodden, as vnsodden, also fruictes, which doo mollifie and loose the belly, ought to be eaten before any other meate, except that cõtime for the repressyng of fumositees, risyng in the headde by muche drinkyng of wyne, rawe lettyse, or a cold appull, or the iuice of orenges or lymons maye be taken after meales in a littel quãtite. Moreouer all brothes, milke, rere egges, and meates whiche are purposely taken to make the belly soluble, would first be eaten. All fruictes and other meates, that are stiptike or bindyng, wolde be eaten last after all other. Fruictes confectionate specially with hony, ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomacke is cholerike and stronge, grosse meates wold be first eaten, where the stomacke is cold or weake, there would fine meates be first eaten: for in a hot stomacke, fine meates are hourned, while the grosse meate is digestyng.

digestyng. Contrary wise in a cold stomake, the littell heate is suffocate with grosse meate, & the fine meate lefte rawe, for lacke of concoction, where if the fine meate be first taken moderatly it stereth vp and comforteth naturall heate, and maketh it more able to concoct grosse meates if thei be eatē afterward: so that it be but in small quātite: notwithstandynge, as I late affirmed, one māner of meate is moste sure to euery complexion, forsene that it be alway most cōmonly in conformitie of qualities, with the person that eateth. Moreouer take hede that slipper meates be not first eaten, lest it drawe with it to hastily other meates, er thei be digested, nor that stiptik or restrainyng meates, be takē at the beginnyng as quinces, peares, and medlars, lest they may let other meates, that they discende not into the bottome of the stomacke, wher they shuld be digested, not withstandinge the confection made w̄ the iuyce of quinces, called Dacytonites taken two houres afore dinner or supper, is cōmēded of Galene, and other, for restoryng appetite, and makyng good concoctiō. Also concerning drink at meales, it would not be afore that somewhat were eatē. And at the beginning the drink wold be strongest, & so toward thende more smal, if it be ale or biere, & if it be wine more & more alaied with water. And after the better opinion of phisicions, the drinke wold rather be mixt with the meat by sondry litell draughtes, than with one great draught at thend of the meale, for the mixture tempreth wel the meate without anoiance, a great draught with much drink, drowneth the

Drinke at meales.

meate, rebuketh naturall heate, that than wor-
keth in concoction, and with his weight driueth
downe the meate to haſtily. Hotte wynes and
ſweete, or confectioned with ſpices, or very
ſtronge ale or biere ar not conueniēt at meales,
for the meate is by them rather corrupted than
digeſted, and thei make hotte and ſtinkyng va-
pours aſcend vp to the braines. Albeit if the ſto-
macke be very windy, or ſo cold and feble, that
it can not concoct ſuche a quantitie of meate, as
is required to the ſufficient nouriſhment of the
body of him that eateth, or hath eaten rawe her-
bes or fruictes, wherby he feleth ſompanoiance,
than may he drinke laſte incontinent after his
meale, a littell quantitee of ſecke, or good aqua
vite in ſmall ale, but if he haue muche choler in
his ſtomacke, or a head full of vapours, it were
much better, that he did neither drinke the one,
nor the other, but rather eate a littell coliander
ſeed prepared, or a piece of a quince roſted, or in
a marmelade, and after reſt, to amende the lacke
of nature with ſlepe, moderate exerciſe, & play-
ſters prouided for comfortyng of the ſtomacke.
And here will I leaue to write any more of the
diete in eatyng and drinckyng, ſauynge that I
would, that the readers ſhould haue in remem-
brance theſe two counſailes. Firſte, that to an
hole man, to preciſe a rule is not conuenient in
diete, and that the diſeaſes, which do happen by
to much abſtinence, are worſe to be cured, then
Cor. cel. thei which come by replecion. And Cornelius,
li. 1. ca. 1. Celſus ſaith, A man that is hole & well at eaſe,
idē, ca. 2 and is at his libertie, ought not to bind him ſelf

to

to rules or nede a phisicio: but yet where the stomache is feble, as is of the more part of citesēs, and well nigh al thei that be studious in learnyng or weighty affayres, there ought to be more circumspection, that the meat may be such, as that either in qualitee or quantite, nature beyng but feeble, be not rebuked or to muche oppressed.

Of slepe and vvatche. Cap. 30.

The commoditee of moderate slepe, appereth by this, that naturall heate, whiche is occupied about the matter, wherof proceedeth nozishment, is cōforted in the places of digestion, & so digestion is made better, or more perfit by slepe, the body fatter, the mind more quiete and clere, the humours temperate: and by much watche all thyngs happen contrarie. The moderacion of sleepe must be measured by health and sickneſſe, by age, by tyme, by emptineſſe or fulneſſe of the body, and by naturall complexions. First to a hole man, haupnge no debilitee of nature, and digestynge perfectly the meat that he eateth, a littell sleepe is sufficient: but to them, which haue weake stomackes, and doo digest slowely, it requireth, that sleepe be much lenger: semblable temperance is required in youth and age, winter and sommer. The body beyng full of ill humours, very littell slepe is sufficiēt, except the humours be crude or raw, for than is sleepe necessary, whiche digesteth thē better than labour. Semblably, where the body is long emptie, by longe sickneſſe or abstinence, slepe comforteth nature, as wel in the principall membres

membres, as in all the other. Also regarde must be had to the complexion, for they that are hot and do eate litte, and digeste quickely, a litteli slepe serueth, specially to cholerike personnes, for in them much sleepe augmenteth heate, more than is necessary, wherby hot fumes and inflamacions ar often ingendred, and sometyme the naturall choler is adust or putrified, as experyence teacheth. Fleumatike persons ar naturally inclined to slepe: and bicause they ingender muche humours, they require more slepe than sanguine or cholerike. Persons hauynge naturall melancoly, not proceedyng of choler adust, doo require very much sleape, whiche in them comforteth the powers animall, vital, and natural, which ye may finde writē in ỹ tables preceding. Sleape woulde be taken not immediatly after meales, and before that the ... ate is discended from the mouth of the stomacke. For therby is ingendred peines and noyse in the bealy, and digestion corrupted, and the sleape by ill vapoures, ascendyng, made vnquiete and troublous: more ouer immoderate slepe maketh the body apt vnto palseis, apoplexis, fallyng sickines, reumes, & impostumes. Also it maketh the wittes dull, and the body slowe and vnapte to honest exercise. Semblably immoderate watche dzieth to much the body, and doth debilitate the powers animal, letteth digestion, and maketh the bodye apt to consumpcions. Wherfore in these twoo thynges, as wel as all other, a diligent temperance is to be vsed, the moderaciō is best conie-cted (for it is harde perfectly to know it) by the

sensi-

sensible lightnes of al the body, specially of the braine, the browes, and the eyes, the passage downe of the meate from the stomacke, the will to make urine, and to go to the stoole, contrary wise, heuines in the bodie & eies, and sauour of the meate before eaten, signifieth that the sleape was not sufficient. They that ar hole must slepe first on the right side, because the meat may approche to the lyuer, which is to the stomacke, as fyre vnder the potte, and by him is digested. To them, which haue feeble digestion, it is good to slepe prostrate on their bealies, or to haue their bare hande on their stomackes. Lynge vpright on the backe, is to be vtterly abhorred.

The commoditee of exercise, and the time vvhan it should be vsed. Cap. 31.

Euery meuyng is not an exercise but onely that which is vehement, the end wherof, is alteracion of the breath or winde of a man. Of exercise doo procede two commoditees, euacuation of excrementes, & also good habite of the body: for exercise beyng a vehement mocion, therof needes muste ensewe hardenesse of the members, wherby labour shall the lesse greue, & the body be the more strong to labour. Also ther of commeth augmentacion of heate, wherby happeneth the more attraccion of thynges to be digested, also more quicke alteration, and better nourishyng. Moreouer, that all and syngu-ler partes of the bodie, be therewith some-what humected. Wherby it happeneth, that

thynges

thynges harde be mollified, moiste thinges are extenuate, and the pozes of the bodie are moze opened. And by the violence of the breathe oz wynde, the pozes are clensed, and the fylthe in the body naturally expelled. This thyng is so necessary to the preseruacion of helth, that with out it, no man maie be longe without sickneſſe, whiche is affirmed by Cornelius Celsus, saiyng, that sluggishnes dulleth the bodie, labour doeth strength it, the fyrst bringeth the incommoditees of age shortly, the laste maketh a man long time lustie. Not withstandyng in exercise ought to be foure thynges diligently consydered, that is to say, the time, the thynges precedyng, the qualitee, and the quantitee of exercise. ¶ First as concernyng the time conuenient foz exercise, that it be not whan there is in the stomacke oz bowelles greate quantitee of meate not sufficiētly digested, oz of humours crude oz rawe, least therby perill mought insue by conueyaunce of them into all the membzes, before those meates oz humours be concocte oz boyled sufficiently. Galene saieth, that the time moste conuenient foz exercise is, whan bothe the firste and seconde digestion is complete, as well in the stomache, as in the veines, and that the time approcheth to eate eftsones. Foz if ye doo exercise sooner oz later, ye shall either fill the bodie with crude humours oz els augmēt yelow choler. The knowlage of this time is perceiued by the colour of the vrine, foz that whiche resembleth vnto clere water, betokeneth that the iuice whiche commeth from the stomacke, is crude in

Cor. cel. lib. 1.

lib. 2. de tuenda sanitate

the

the veines: that whiche is well coloured, nes to high or base, betokeneth that the seconde digestion is now perfect: where the colour is very high or red: it signifieth that the concoction is more than sufficient. Wherfore whan the vrine appereth in a temperate colour, not redde nor pale, but as it were gilte, than should exercise haue his beginnyng.

Of Fricasies or rubbynges precedyng exercise. Cap. 32.

AND touchynge thynges precedyng exercise, for almuch as it is to be feared, lest by vehement exercise any of therexcrementes of the bealy or bladder, shuld hastily be receiued into the habite of the body, by the violence of heate, kiendled by exercise, also lest some thyng which is hole, be by heuinesse of excrementes or violent motion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, should stoppe the pores or cunduites of the body, it shall be necessary litell and littel, by chafyng the body, first to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and open the pores, and than shall insue to him that exerciseth, no perill of obstruction or rupture. And to bryng that to passe, it shall be expedient after that the body is clensed, to rubbe the body with a course lynnen clothe, first softly and easily, and after to increase more and more, to a harde

Galen. Paulus. Orbasi. Actius.

harde and swifte rubbyng, vntill the flesche doo swell, and be somewhat ruddy, and that not only downe right, but also ouerthwart and roũde: Some do vse fricasies in this forme, in the mornyng, after that thei haue ben at the scoole, with their shirt slieues or bare hande, if their flesh be tender, thei doo first softly, and afterwarde faster, rubbe their breste and sides downewarde, and ouerthwart, not touching their stomacke or bealy, and after cause their seruaunt semblably to rubbe ouerthwart their shulders, and backe, and beginnyng at their neckbone, and not touchyng the raines of their backe, except they dooe feele ther much cold and winde, and afterwarde their legges frõ the knees to the ancle: last their armes from the elbowe to the handwrest. And in this forme of fricasy I my self haue founden an excellent commoditie. Old men, or they whiche be very drie in their bodies, if they put to some sweete oyles, as Yrinum, Nardinũ, Chamemelinum, or other like, mixt with a littell sweet oyle of Roses, I suppose thei do wel. I wil not here speake of oyntmentes vsed in olde time among the Romaines and Greekes, in fricasies or rubbynges. For I suppose, that they were neuer here vsed, and in the saide places, they be also left, oneles it be in palseies, or apoplexies or agaynst the rigour, which happeth in feuers onely. I wil remember the saiyng of Hippocrates. Fricasy hath power to loose, to bynde, to increase flesche, and to minish it. For hard fricasies doo bynde or consolidate, softe rubbynge doth loose or mollifie, muche doo minishe flesh, meane

meane rubbyng doeth augment or increase it. He that will knowe more abundantly hereof, let him reade the booke of Galene of the preseruacion of helth, called in latine De tuenda sanitate, translated moste truely and eloquentlye, out of greeke into latine, by doctour Lynacre, late phisicion of moste worthy memorie to our soueraigne lorde kyng Henry the eight.
The same matter is written more briefely of Paulus Aegineta, Oribasius, Aetius, and some other late writers, but vnto Galene not to bee compared.

The diuersitees of exercises. Cap. 33.

THe qualitee of exercise, is the diuersitee therof, for almuch as therin be many differences in mouyng, and also some exercise moueth more one parte of the bodie, some an other. In difference of mouynge some is slowe or soft, some is swifte or faste, some is strong or violent, some be mixte with strengthe and swiftnesse. Strong or violent exercises bee these, deluyng (specially in tough clay and heui) bearyng or susteinyng of heauy burdeins, climmyng or walkyng against a stiepe vpright hyll, holdyng a rope, and climmyng vp therby, hangeyng by the hands on any thyng aboue a mans reach, that his feete touche not the ground: standyng and holdyng vp, or spreadyng the armes, with the handes faste cloased, and abidynge so a longe time. Also to holde the armes stedfast, sauyng an other manne, to assaye, to pull them

out, and not withstandyng he keepeth his arme stedfast, inforcynge therevnto the synewes and muscules. Wrastlyng also with the armes and legges: if the persones be equall in strength, it dooeth exercise the one and the other: if the one be stronger, than is it to the weaker a more violent exercise. All these kyndes of exercises, and other lyke them, do augment strength, and therfore they serue only for younge men, whiche be inclined, or be apt to the warres. Swifte exercise without violence is, rennyng, playyng with weapons, tenise, or throwyng of the ball, trottyng a space of grounde forwarde and backeward, goeyng on the toes, and holdynge vp the handes. Also stirryng vp and downe his armes, without plummettes. Vehement exercise is compounde of violent exercise, and swyfte, whan they are ioyned together at one tyme, as daunsyng of galyardes, throwyng of the ball, and rennyng after it: footeball play may be in the numbre therof, throwyng of the longe darte, and continewynge it many times, rennynge in harneyse, and other like. The moderate exercise is longe walkynge or goeyng a iourney.

The partes of the bodie haue sondrie exercises appropried vnto them, as rennyng and goeynge is the moste propre for the legges. Mouynge of the armes vp and downe, of stretchynge theim out, and playyng with weapons, serueth moste for the armes and shoulders, stowpyng and risyng oftentymes, or liftynge greate weightes, takyng vp plummettes or other lyke poyses on the endes of staues, and in likewyse, liftynge vp

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in euery hande a speare or morispike by the ends, specially crossyng the handes, and to laye theim downe againe in their places: these doe exercise the backe and loynes. Of the bulke and lunges the propre exercyse is meeuynge of the breath in syngeing or cryinge. The entrayles, whiche be vnderneath the myddreffe, be exercised by blowyng, either by constrainte, or playynge on shaulmes or sackbottes, or other like instrumentes, which doo require muche wynde. The muscules are best exercised with holdynge the breathe in a longe time, so that he, whiche dooeth exercise, hath well digested his meate, and is not troubled with muche wynde in his bodie. Finally lowde readynge, counterfayte battayle, tenyse, or throwyng the ball, rennynge, walkyng, adde to shootynge, whiche in mine opinion exceede all the other, dooe exercise the bodie commodiously. Alway remember, that the ende of violent exercise is, difficultee in fetchyng of the breath. Of moderate exercise, alteracion of breathe onley, or the beginnyng of sweate. Moreouer in winter, rennynge and wrastelyng is conuenient. In sommer wrastelyng a litteli, but not rennyng. In very colde weather, muche walkynge, in hotte weather, reste is more expedient. They whiche seeme to haue moyste bodies, and lyue in idelnesse, they haue neede of violente exercise. They whiche are leane and cholerike, muste walke softlie, and exercyse theym selfe very temperately. The plummettes, called of Galene Halteres, whiche are nowe muche vsed with Cels. lib.

great men, beyng of equall weight, and accor-dyng to the strength of him, that exercyseth, are very good to be vsed fastynge, a littell before breakefast or dyner, holdyng in euery hande one plummet, and liftyng them downe with muche violence, and so he may make the exercise vio-lent, or moderate, after the poyse of the plum-mettes, heuier or lighter, and with muche or lit-tell labouryng with them.

Of gestacion, that is to say, vvhere one is caried, and is of an other thyng meued and not of him selfe. Cap. 34.

pau. egi. Aetius.

There is also an other kynde of exercise, whiche is called Gestacion, and is mixte with mouyng and rest. For as muche as the body sittyng or lyng seemeth to rest, and notwithstandyng it is meued by that, whi-che beareth it, as lyng in a bedde, hangeynge by coardes or chaynes, or in a cradell, sittynge in a chayre, which is caried on mens shoulders with staues, as was the vse of the ancient Romains, or sittyng in a boate or barge, whiche is rowed, ridyng on a horse, whiche aumbleth very easily, or goeth a very soft pace. The bedde, cradell, and chayre caried, seruyth for them that are in longe and continual sickenesse, or be lately reco-uered of a feuer. Also them, whiche haue the frenesie or letarge, or haue a light tertiane fe-uer, or a cotidiane. This exercise sweetely as-swageth troubles of the mynde, and prouoketh slepe,

slepe, as it appereth in childzen, whiche are rocked. Also it is conuenient foz them, whiche haue the palsey, the stone, oz the gowte. Gestacion in a chariot oz wagon hath in it a shakynge of the bodie, but some vehement, and some moze softe, the softe serueth in diseases of the head, and where any mattier renneth downe into the stomake and entrailes. But the vehement shakyng is to be vsed in the griefes of the bzeast and stomake. Also in swellynge of the body and legges in dzopsies, palseis, migrimes, and scotomies, whiche is an imagination of darkenesse: beyng retourned, at the end of his iourney, he must sit vp, and be easily moued. I haue knowen saieth Aetius, many persons in suche wyse cured with out any other helpe. Nauigacion oz rowynge nigh to the lande, in a calme water, is expedient foz them that haue dzopsies, lepzies, palseis, called of the vulgar people, takyngs, and frensies. To be caried on a rough water, it is a violent exercise, and induceth sundzie affections of the mynde, somtime feare, somtime hope, nowe coward hert, now hardinesse, one while pleasure, an other while displeasure. These exercises, if they be well tempered, they may put out of the body, all long duryng sicknesses. Foz that whiche is mixte with rest and meeuyng, if any thing els may, it most excellently causeth the body to be well nourished. Celsus doeth pzohibite Gestacion, where the body feeleth peyne, and in the beginnyng of feuers, but whan they cease, he alloweth it. Ridynge moderately and without grieke, doeth cozrobozate the spirite and body Cels. 2.

abone other exercises, specially the stomacke, it clenseth the senses, and maketh thē moze quicke: Al be it to the breast, it is very noyfull. It ought to be remembred, that as well this, as all other kindes of exercise, would be vsed in a hole countrey, and where the ayze is pure and vncozrupted. Foreseen, that he that will exercise, doo goe first to the stoole, foz the causes rehearsed in the last chapter.

Of vociferacion. Cap. 15.

The chiefe exercise of the breast and instrumentes of the voice, is vociferacion, whiche is singeyng, redyng, oz cryng, wherof is the propertee that it purgeth naturall heate, and maketh it also subtill and stable, and maketh the membzes of the bodie substaunciall and stronge, resystyng diseases. This exercyse would be vsed, of persons shozte wynded, and them whiche can not fetch their breath, but holdyng their necke streight vpzight. Also of them, whose flesshe is consumed, specially about the breast and shoulders. Also whiche haue had apostbumes bzoken in their breastes: mozeouer of them that are hozse by the much moysture, and to them, whiche haue quartaine feuers, it is cōuenient: it looseth the humour that sticketh in the breast, and dzieth vp the moistnes of the stomacke, whiche pzoyzely the course of the quartaine is wont to bzynge with him, it also pzofiteth them which haue feble stomakes, oz doo vomite continually, oz do breake vp sowzenes oute of the stomacke. It is good also foz griefes of

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the head. He that intendeth to attempt this exercise, after that he hath been at the stoole, and softly rubbed the lower partes, and washed his handes, let him speake with as base a voice as he can, and walkyng, begin to syng lowder and lowder, but still in a base voice, and to take no hede of swerte tunes or armonie. For that nothyng doeth profite vnto helth of the body, but to inforce him self to syng great, for therby muche ayre drawen in by fetchyng of breathe, thrusteth foorth the breast and stomake, and openeth and enlargeth the poores. By high cryngе and lowde readyng, are expelled superfluous humours. Therfore mē and women, hauyng their bodies feeble, and their flesshe loose, and not firme, muste reade oftentimes lowde, and in a base voyce, extendyng out the wynde pype, and other passages of the breath. But not withstandynge, this exercise is not vsed alway, and of all persons. For they, in whom is abundaunce of humours corrupted, or be muche diseased with cruditee in the stomacke and veines, those doo I counsayle to abstain from the exercise of the voyce, lest muche corrupted iuice or vapors, may therby be into all the body distributed. And here I conclude to speake of exercise, whiche of them that desire to remaine long in helth, is moste diligently, and as I myght say, moste scrupulously to be obserued.

THE THIRDE BOOKE.

Of Replecion. Cap. primo.

REPLECION IS A superfluous abundance of humours in the body: and that is in twoo maner of wise, that is to say, in quãtitee, and in qualitee. In quantitee as where all the foure humours are more in abundance, than be equall in proporcion to the body, that cõteineth them, or where one humour muche exceadeth the remnaunt in quantitee. In qualitee, as where the bloud, or other humour, is hotter, or colder, thicker or thinner, than is conuenient vnto the bodie. First where all the humours, beynge superfluously increased, fylleth and extendeth the receptories of the body, as the stomake, the veines, and bowels, and is moste properly called fulnesse, in greke Plethora, in latin Plenitudo. The other is, where the body is infarced, either with choler, yelow or blacke, or with fleume, or with watrie humours, and is properly called in greke Cacochymia, in latin Vitiosus succus, in englishe it may be called corrupt iuice. I wil not here write, the subtil and abundant definicions and descripcions of Galen in his bokes de Plenitudine, and in his commentaries vpon the Aphos

phoziſmes of Hippocrates. Foz it ſhal here ſuf-
fice, to ſhew the operacions of repletion, good
oz yll, remittyng them, whiche be curious, and
deſire a moze ample declaracion, to the moſt ex-
cellẽt wozkes of Galene, where he may be ſatiſ- li. 2. aph
fied, if he be not determined to repugne againſt
reaſon. Hippocrates ſaieth, where meate is re- Apho.
ceiued muche aboue nature, that maketh ſicke- 15.
neſſe. Galene declaryng that place ſaieth: moze Vbi cib⁹
meate than accozdeth with natures meaſure, is præter
named repletion. And afterward he expoundeth naturã
that woozde aboue nature, to ſignifie to muche plus in-
and ſuperfluouſly, as who ſaieth, where the geſt⁹ eſt,
meate is ſuperfluouſly taken, it maketh ſicke- hic mor
neſſe. Foz meate but a littell exceadynge tempe- bũ facit.
rance, may not foozthwith make ſickeneſſe, but Galẽ. in
may yet keepe the body within the latitude oz commẽ.
bounde of health, foz the meate that ſhal make loco præ
ſickeneſſe, muſt not a littell excede the exquiſite dicto.
meaſure. The incommoditee, whiche happeth
therby is, that moiſtneſſe is to muche extended,
and naturall heate is debilitate. Alſo naturall
heate reſolueth ſomewhat of the ſuperfluous
meate and dzynke And of that, whiche is reſol-
ued of meate vndigeſted, pzoceadeth fumoſitee
groſſe and vndigeſted, whiche aſcendyng vp in-
to the head, and touchyng the ryme, wherin the
bzayne is wzapped, cauſeth head ache, trem-
blyng of the membzes, duſkiſhneſſe of the ſight,
and many other ſickneſſes. alſo by the ſharpnes
therof, it pzicketh and annoieth the ſynewes,
which make ſenſibilitee, the rootes of whome,
ar in the bzain, and from thens paſſeth thzough

all the bodie. Finally, the said humolitee ingendred of replecion, pearcyng the innermoste parte of the saied sinewes, called sensible, greuously annoyeth the power animall, there consistynge, by the occasion wherof, vnderstandyng and reason, as to the vse of them, are let and troubled. And also the tongue, whiche is reasons expositour, is depriued of his office, as it appereth in them, whiche are dronke, and them, whiche haue greuous peynes in their head, proceedyng of replecion. Signes of replecion be these, losse of appetite, delite in nothynge, slouthfulnesse, dulnesse of the witte and sences, more sleepe than was accustomed to be, crampes in the body, stertyng or salcion of the membres, fulnesse of the veynes, and thicknesse of the pulses, horrour or shouelyng of the body mixte with heate. The remedies are abstinence and all euacuacions, wherof I will make mẽcion in the next chapter.

Oribasius euporistō. lib. 1.

Of euacuacion. Cap. 2.

The meates and drinkes receiued into the body, if the stomacke and liuer doo their naturall office, be altered by concoction and digestion, in suche wise, that the best parte therof gooeth in the nourishement of the bodie: the woorste beyng seperate by the membres officiall, from the residue, are made excrementes in sundrie fourmes and substaunces, whiche are lyke in qualitee to the naturall humour, whiche than reigneth moste in the bodie. These excrementes be none other, but matter

Excres mentes.

sus

superfluous, and vnsauery, whiche by natu=
rall powers may not be conuerted into flesshe,
but remainyng in the bodie, corrupte the mem=
bres, and therfore nature abhorrynge theym,
desyreth to haue theym expelled. These excre= Ordure
mentes be three in numbre, ordure, vrine, hu=
mour superfluous. Moreouer, there bee twoo digested
sortes of ordure, that is to say, one digested,
whiche passeth by siege, the other vndigested,
whiche is expelled by vomitte. Where I saye
digested, I meane, that it is passed the sto=
macke, and tourned into an other figure. Like=
wise I call that vndigested, whiche still retey= Urine.
neth the fygure of meate. Vryne is the watrie
substaunce of the bloud, lyke as whaye is of
mylke, whiche out of the meate that is altered
and concocte or boyled in the stomacke, is strai=
ned in the veynes called Misaraice, whiche pro=
cedeth from the holowe parte of the lyuer, and
sent by the raynes into the bladder, passeth by
the instrument, the whiche is ordeined as well
to that purpose, as for generacion. Humour Humor
superfluous is in three sortes, eyther myxte super=
with anie of the foure humours, called natu= fluous.
rall, or els it is gathered into the brayne, or it
is betwene the skinnesse and the flesshe, or lyeth
among the synewes, Muscules, or ioinctes. Of
humours some are more grosse and colde, some
are subtill and hotte, and are called vapours.
Now for to expell the saied excrementes, are. ix.
sundrie kindes of euacuacion, that is to saie,
abstinence, vomit, purgacion by siege, lettyng of
bloud, scarifyng called cuppynge, sweatynge,
pouo=

prouocacion of vrine, spittyng, bleedyng at the nose, or by hemorroides. And in womẽ, their naturall purgacions. Of these euacuacions I will briefly declare, with the commodites, which by the discrete vse of thẽ do happen vnto the body.

Of abstinence. Cap. 3.

Cor. cel. lib. 2. Hip. aphor. li. 7.

ABstinence is a forbearyng to receyue any meate or drinke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed only after repletiõ, as the proper remedy therfore. And than if it be moderate, it consumeth superfluites, and in consumynge them, it clarifieth the humours, maketh the bodie fayre coloured, and not onely keepeth out sickenesse, but also where sickenesse is entred, nothyng more helpeth if it be vsed in season. To them, which haue very moiste bodies, hunger is righe expedient, for it maketh them more die: not withstandynge there ought to be considerations, in the meate before eaten, in the age of the person, in the tyme of the yere, and in custome. First in the meat before eaten, if it be much in excesse or very grosse, or not muche exceadynge, or light of digestion, and accordyng therunto, would abstinence more or lesse be proporcioned. Concernyng age: Hippocrates saieth, olde men may susteine fastynge easily: next vnto thẽ, men of middel age, yonge men may worse beare it, children worst of all, specially they that be lustie: not withstandynge here Galene correcteth Hippocra. saiyng, that he should haue excepted men very olde, who, as

Consideracions in abstinẽce.

Aph. li. 1

Galẽ. in commẽ.

expe-

experience declareth, muſt eate often and littell. As touchyng tyme, it muſt be remembred, that in wynter and ſpryng time, the ſtomakes be naturally very hotte, and ſlepe is longe, and therfore in that time meates woulde be more abundant, and although much be eaten, it will be ſoner digeſted. Wherfore abſtinence would not be than ſo muche as in ſommer, all be it to abſteine muche in ſommer, excepte it be after replecion, Damaſcene ſaieth, it dryeth the body, it maketh the colour ſalow, it ingendreth melancoly, and hurteth the ſight. Moreouer, cuſtome maye not be forgotten, for they which ar vſed from childhode, to eate ſondrie meales in the day, woulde rather be reduced to fewer meales, and littell meate, than to be compelled to abſteine vtterly, to the intent that nature, whiche is made by cuſtome, be not rebuked, and the power digeſtiue therby debilitate. And note well, that by to muche abſtinence, the moiſture of the body is withdrawen: and conſequently the body dryeth, and wareth leane, naturall heate, by withdrawynge of moiſture is to muche intended, & not findyng humour to worke in, turneth his violence to the radicall or ſubſtanciall moiſture of the bodie, and exhauſtyng that humour, bringeth the body into a conſumpcion. Wherefore Hippo. ſaieth, that to ſcarſe and exquiſite an order in meate and drinke, is for the more parte more daungerous than that, whiche is more abundant. Contrawiſe moderacion in abſtinence, accordynge to the ſaied conſideracions, is to health a ſure bulwarke.

Damaſcenus. apho.

Apho. lib. 2.

The thyrde

Of vomite. Cap. 4.

Aetius. lib. 1.

THe meate or drinke superfluous, or corrupted in the stomake, is best expelled by vomite, if it be not very grecuous to him which is diseased. Also the moderate vse of it, purgeth fleume, lighteth the head, causeth that the excesse of meates or drinckes, shall not annoy or bryng sickenesse. Moreouer it amendeth the affectes of the raynes, bladder, and the foundemēt. It also helpeth against lepries, cankers, goutes, dropsies, and also diuers sikenesses procedyng of the stomake. For if any griefe happeth of the head, vomite is than vncommodious. It is better in winter than in sommer. Also good for them, whiche are replete, or very cholerike, if they haue not well digested, but it is yll for them that be leane, or haue weake stomakes. And therfore where one feeleth bitter vapours risyng out of his stomacke, with griefe and weightinesse, in the ouer partes of his bodie, let him renne foorthwith to this remedie. It is also good for him that is hert burned, and hath muche spittell, or his stomake wambleth, and for him that remeueth into sundrie places.

Cor. cel. li. 1.

Yet I counsaile saith Celsus, him that wyll be in helth, and would not be to sone aged, that he vse not this daily. And I my selfe haue knowen men, whiche dayly vsyng it, haue brought therby their stomakes into suche custome, that what so euer they did eate, they could not long retaine it, wherby they shorten their liues. Wherfore it would not be vsed, but onely where greate sur-

fet,

ſet, or abundãce of fleume do require it. He that will vomite after meate, let him drinke ſondrie drinkes mixte together, and laſte of all, warme water: or if that be to eaſie, let him mixe therwith ſalte or hony. If he will vomite laſtynge, let him drinke water and hony ſodden together, or Iſope with it, or eate of a radiſche roote, and drinke warme water vpõ it. Alſo water wherein radiſche is boyled, and afterwarde prouoke him ſelfe to it. Them that will haue more violent purgacions, I remit to phiſicions learned. But yet I doo eftſones warne them, that therin thei be circumſpect, and do not muche vſe it. Moreouer in vomites, the matter brought forth, wold be conſidered, accordyng to the rules of Hippocrates, in his ſeconde booke of prognoſticacions, that is to ſay, if it be mixt with fleume and choler, it is moſte profitable, if it be not in very great quantitee, nor thicke, the leſſe myxture it hath, the worſe it is. If it be greene, like to leeke blades, thinne or blacke, it is to be iudged yll. If it haue all colours, it is extreme perillous. If it be leady coloured, and ſauoureth horribly, it ſignifieth a ſhorte abolicion, or diſſolucion of nature. For as Galene affirmeth there in his comment, ſuche maner of vomite declareth corruption with extinctyng of nature. Alſo euery putrified and ſtinkyng ſauour in vomite is yll. Theſe thynges be right neceſſary to bee looked for, where one doeth vomite without anye difficultee: but to enforce one to vomite, whiche can not, is very odious and to be abhorred.

Hippoc. præſag. 2. cap. 7.

Galē. de locis affectis. lib. 1.

Of

Of purgacions by siege. Cap. 5.

Cel.li.1. Aetius. lib.3.

IF the head be heauy, or the eien dimme, or if there be peyne felte of the colike, or in the lower parte of the bealy, or in the hippes, or some cholerike matter or fleume in the stomake. Also if the breth be hardly fetched, if the bealy of him selfe sendeth forth nothyng, or if beyng costiue, one feeleth yll sauour or bitternesse in his mouth, or that whiche he maketh, hath an horrible sauour, or if abstinence doo not, at the first put away the feuer, or if the strength of the body may not susteyne letyng of bloud, or els the time therfore conuenient is past, or if one haue dronke muche before his sickenesse, or if he whiche oftentimes vnconstreigned, hath had greate sieges, bee soodainly stopped: In all these cases, and where it is peinfull to vomitte, and in gnawynge or frettynges of the stomake, finally in all replecions, where a man can not or will not be let blud or vomit, it is expedient to prouoke siege by purgacions, whiche are receiued by two waies: Upwarde at the foundemente by suppositories or clisters. Downward at the mouth, by pocions, electuaries, or pylles. Suppositories are vsed, where the patient is weake, and may not receiue any other pourgacions. Somtime for as muche as the straite gutte is stopped with excrementes, whiche are drie and harde, somtime where there needeth none other purgacion, specially in burnyng feuers, whereof the matter ascendeth into the head, than clisters may do harme, and by the be-

benefite of suppositories, excrements ar brought
fourth without any annoiaunce. And oftentyz
mes it bryngeth fourth that, whiche clisters may
not. Suppositories are made sometime with
hony onely, sodden, rolled on a bourde, and
made rounde: smaller at one ende, than at the
other, and of the length and greatnesse, accoz
dyng to the quantitee of the body that taketh it.
Sometime there is mixte with the honye, salte
dzied, oz salte pepper, oz the pouder of suche
thynges, as do either pourge the humour, whi
che offendeth, oz dissolueth grosse wyndes, oz o
ther matter: they be sometime made with rosin,
pitche, waxe, oz gummes, sometime of rootes, oz
the leaues of Mercurie greene, very small bzui
sed. Also with figges oz raisons, the stones ta
ken out, oz of white sope, made in the figure a
fozesaied, and beyng made in the fourme afoze
saied, they must be put vp in at the foundement,
to the greate ende, and the pacient must keepe it
there the space of halfe an houre, oz moze.

¶ Clysters are made of licour somtime symple,
as water sodden, mylke, oyle, oz wyne, somtime
mixte, as water and oyle together, oz decocti
ons, as where herbes, rootes, fruictes, seedes, oz
gūmes, hauyng pzopertie to make soft, dissolue
dzawe foozth, oz expell matter that greueth, be
boyled, and the lycour therof, sometime warme,
somtime hotte, is receiued at the foundemente
into the body by a littel pype of gold, oz siluer,
yuoze, oz wodde, therfoze ozdeyned and called
a clyster pype. This is necessarie, where the sto
macke is weake, and may not sustaine the woz

kyng of medicines receiued at the mouthe, also in feuers colickes, and other diseases in the bowels, griefe in the raines of the backe or huckle bone, ventosities in the bealy, inflamacion or exulceracion in the guttes or bladder. It is a conuenient & sure medicine, and least hurt doeth ensue of it. The makyng and ordryng thereof, I will omitte to write in this place, partly that I would not, that phisicions should to muche note in me presumpcion, partely that an other place may be more apt to that purpose.

The particuler commoditees of euery purgacion. Cap. 5.

IN pocions, electuaries, and pilles, ought to be muche more obseruacion, than in clysters or suppositories, for almuch as these do enter no further than into the gutte, where the ordure lieth, & by that place onely, dryngeth foorth the matter, which causeth disease. But thother entryng in that waye, that meates and drinkes do, commeth into the stomacke, and ther is boiled, and sent into the places of digestion, and afterwarde is mixte with the iuice, wherof the substaunce of the body is made, and expellyng the aduersarie humoures, somewhat thereof doubtlesse remaineth in the bodie. Wherfore menne haue neede to beware, what medicines they receiue, that in theim be no venenositee, malice or corrupcion, lest for the expellynge of a superfluous humor, which perchance good diet, or some brothes made of good herbs, or the said gua-

euacuacion, with suppository or clister, moughe bryng foorth at leysure, by deslyng of twoo hastie remedie, they receiue in medicine, that whiche shall ingender a venemous humour, and vneuitable destruction into all the bodie. And therfore happie is he, whiche in sickenesse fyndeth a discrete and well learned phisicion, and so true a pothicarie, that hath alwaye drugges vncorrupted, and whome the phisicion may surely truste, to dispence his thynges truely.

But nowe to retourne to the saied fourme of purgacion, I will now set foorthe some counsayles, concernyng that matter, whiche I haue collected out of the chiefe authours of phisicke. Bodies hotte and moiste, maye easily susteine pourgacion by the stoole. They which be leane or thinne, hauynge the membres tender, maye take harme by pourgacions. To men that are cholerike, and theim that eate littell, pourgacions are greuous. In yonge childzen and olde men, it is daungerous to loose muche the beasly. To theim that are not woonte to it, pourgacion is noyfull. He that liueth in a good order of diete, needeth neither purgacion nor vomite. After that the pourgacion hath wrought, thirstinesse and sounde sleepe be signes that the bodie is sufficiently pourged. By dayly takyng of medicines, Nature is corrupted. Whan ye wyl pourge any thynge, make first the matter flowyng and soluble. Medicine to purge ought not to be myngled with meate, but to be taken foure houres at the leaste before meales, or thre houres after meales, excepte certayne easie Hippo. aphor.

pilles made to clense and comfort the stomacke, whiche woulde be taken at the beginnynge of supper, or after supper, a litteli before that one goeth to bedde, makyng a light supper or none. After purgacion taken, the pacient should reste and not walk, vntil the medicine hath wrought, nor eate nor drinke in the meane space. These thinges haue I remembred, because I haue knowen right good phisicions, to haue forgotten to instruct therof their pacientes. Now will I sette foorthe the table of such thynges, whiche of their propertee doo digest or pourge, superfluous humours, particulerly, which I haue gathered out of the bookes of Dioscorides, Galene, Paul' Aegineta, Oribasius, and Aetius, and other late wryters: not withstandynge, I haue not written all, for asmuch as there be diuers thynges, whervnto we haue not yet founden any names in englishe.

Digestiues of choler.

Endiue.
Lettise.
Lykorie.
Scabiose.
Maydenheare.
Malowes.
Mercurie.
The iuice of pomegranades.
Pourselane.
Popy.
Barberies.
Roses.
Violett, the leafe and flowre.
Sorell.
Syuerwoort.
Sorell de boyle.
Whay clarified.
The foure great colde sedes, that is to sai, of gourdes, cucumbers, melones, and citruls,
Psilium.

Wyne

Ayneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Pourgers of choler.

Wylde hoppes.
Wormewood.
Centorie.
Fumytorie.
Whay of butter.
Violettes.
Mercurie.
Prunes.
Juice of Roses.
Eupatorie.
Tamarindes, halfe an ounce in a decoction.
Manna. vi. drammes at the leaste, and so to xxv. in the brothe of a henne or capon.
Reubarbarū by it selfe from twoo drammes, vnto foure, infused or stiped in licour, from iiii. drāmes vnto. viii.

Digestiues of fleume.

¶ Fenell.
Perlely, the rootes.
Smallage.
Capers.
Lawrell.
Sinuy.
Puly.
Maioram.
Peniroyall.
Wylde parsnyp seede.
Mynt.
Pympernell.
Horemint.
Gladen.
Agrimony.
Calamynt.
Nep.
Betayne.
Sauge.
Radishe.
Mugwoort.
Juniper.
Hyssope.
Pyonie.
Baulme.
Hony.
Synger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumine.

¶ Pour-

¶ Pourgers of fleume.

¶ Centory.
Ettyll.
Agrimonie.
Alder.
Polypodium of the oke.
Myrabolani kebuli, infused from half an ounce to an ounce, and twoo drammes. In substance from twoo drammes, to halfe an ounce.
Agaricus, from a dr̃me to twoo drammes, infused from.ii. drammes to fiue.
Yreos.
Maydenheare.
Sticados.

¶ Pourgers of melancholy.

¶ The broathe of colewooztes, light boiled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white wine, or in the broathe of a henne.
Laced sauerie.
Exthimus.
Unwrought sylke.
Organum.
Calamint.
Borage.
Hartes tongue.
Quickbeme.
Maydenheare.
Withwynde.
Pulyall mountayne.
Hony.
Sugar.

¶ Melancholy for the thinnesse and subtilnesse of the humour, nedeth no digestiue.

¶ They whiche will take sharpe purgacions, or compounde with diuers thinges lette theim take the counsaile of an honest and perfect phisicion, and not aduenture to mixte thynges togither, without knowynge the temperaunce of theus

them in degrees, and that he can proportion them to the body that shall receiue them in simples, as they be written. And so he may vse the without perill, against the humours, whereunto they serue.

Lettyng of bloud. Cap. 6.

The parte of euacuacyon by lettynge of bloud, is incision or cuttyng of the veyne, whereby the bloud, whiche is cause of sickenesse or griefe to the hole body, or any particuler part therof, doth most aptly passe. The commoditees wherof, beyng in a moderate quantitee, and in a due time taken, be these that folow, it clarifieth the witte, and maketh good memorie, it clenseth the bladder, it dryeth the braine, it warmeth the marowe, beynge in the bones, it openeth the hearyng, it stoppeth teares or dropppynges of the eyen, it taketh away lothsomnesse, and confirmeth the stomacke, it norisheth that, whiche is proper to nature, and the contrarie expelleth. It is thought, that thereby life is prolonged, and the matter makyng sicknesse shortely consumed. Wherfore lettynge of bloud is not onely expedient for them, which are full of bloudde, or haue aboundaunce of strength, but also for them, in whome without plenitude, called fulnesse, inflammacions beginne to be in their bodies, or by some outwarde stroake, the bloudde beeyng gathered within, by collection therof, doo feele griefe or disease. Also where there is muche payne felte,

Arnoldus de villa noua.

Oribasius in medicinæ compendio.

or debilitee of some member, wherof is suppo-
sed to be ingẽdred some greuous disease. Wo-
uer they, whiche vse excesse of meates and
drinkes, maie be cured by lettyng of blouddе.
But those, which be temperate, keepynge good
diete, be holpen without lettyng of bloud: as by
fricasies, vsyng of bathes, exercise, walkynge,
and ridynge moderately. Also vnctions with
oyles and oynctementes, called Diaphoretice,
which by euaporacion, doo shortly euacuate the
fulnesse. All be it, if the fulnesse be of melancholy
bloud, than alway needes must be lettynge of
bloud. Aboundaunce of melancoly bloud is
knowen by these signes. There is felt in the en-
trailes, or within the boulke of a man or wo-
man, a weightinesse with tension or thrustynge
outward, and all that parte, which is aboue the
nauell, is more heauy than it was wonte to be.
Also much vrine and fattie, the residence or bo-
tome, thicke, troublous, and fatte, somtyme
blacke poushes or boyles, with inflamacion and
muche peyne. These must be shortly let bloud,
and the melãcholy humour also purged by siege.
They, whiche haue crude or rawe humoures,
must be warely let bloud, before that sickenesse
ingender, but hauyng the feuer, in no wise. Con-
cernyng lettyng of bloud, these thynges folow-
yng, would be had in continuall remembrance,
and be afore thought on. In abundance of the
bloud, the qualitee and quantitee, the greate-
nesse of the sickenesse, and if it be present, or loo-
ked for. Also the diete precedyng, the age and
strength of the person, the naturall fourme of

Aetius. lib. 3.

his

his bodie, the time of the yere, the region or coū-trey, the preſēt state of the ayre, the diſuſe of ac-cuſtomed exercise, the ceaſſynge of euacuacions vſed before. In qualitee conſider, of what hu-mour the fulneſſe procedeth. In quantitee the a-bundance of that, whiche is to be pourged. In ſickneſſe, if it be daungerous or tollerable: if the ſickeneſſe be preſent, it requireth the more dili-gence, if it be loked for, it may be the better pro-porcioned. In diete, the cuſtome in eatynge and drinkyng, muſt be ſpecially noted. In yong men and women, lettynge of bloud woulde be more liberall. In olde men and yonge childzen, it would be ſcarſer: ſtrong men may ſuſteine ble-dyng, they which are feeble, may not endure it: Large bodies haue greater veſſelles, than they, which be litteli. Leane men haue more bloud, corporate men haue more fleſh. The time of the yere muſt be ſpecially marked. For in the begin-nyng of ſprynge time it is beſt lettyng of bloud, as Oribaſius ſaith, and ſo doth continue, after the opinion of Arnold, vnto the eight calendes of June. Aetius affirmeth, that in winter, or in a cold countrey, or where the perſon is of a very colde nature, the veines ſhould not be opened. And Damaſcene ſaith: They whiche in youthe haue vſed to be muche let bloud, after they be three ſcore yeres old, their nature waxeth cold, and naturall heat is in them ſuffocate, ſpecially if they were of a colde complexion, but that is to be vnderſtand, where they that are in helth, are often let bloud. For in the lapſe from helth, and in diuers diſeaſes, wherein the bloud is

Oriba. ſup. Ar-noldus. de villa noua de flobo-thomia. Io. Da-maſ. in ar. med.

corrupted, or where it ingendreth impostumes or resorteth to any place, where it ought not to be, or passeth by any other conduite, then nature hath ordeined, or where it is furious or inflamed, or by any other meanes breedeth greuous diseases, in all these cases it ought to be practised, ye sometime in aged persons, women with child, and yong infantes. For in extreme necessitee, it were better experience som remedie, than to doo nothyng. All other thynges concernyge this matter, pertaine to the part curatiue, whiche treateth of healyng of sickenesse, whereof I will not now speake, but remitte the reders to the counsayle of discrete phisicions.

Of scarifiyng, called boxyng or cuppyng. Cap. 7.

Galen'. For as muche as it is not conuenient, to be let bloud oftentimes in the yere, because much of the vital spirite passeth forth with the bloud, whiche beyng exhauste, the bodie waxeth colde, and naturall operacions become the more feble, I therfore doo counsayle (saith Galene) that the base partes of the body, as the legges, be scarified, whiche is the moste sure remedie, as well in conseruyng helth, as in repayryng therof, beyng decaied. For it cureth the eyen beyng annoied with long distillacions. It profiteth also the head, and ouer parte of the body, against sondrie diseases. In what mẽbre the bloud is gathered, the body beynge fyrste purged by scarificacion, the griefe may be cured.

Aetius. lib. 3.

Also

Also Oribasius affirmeth the same, & also addeth therto, that it helpeth squinances, or quinces in the throte, and dissolueth the constipacions or stoppynges made of all places, if the places be scarified: not withstandynge application of boxes about the stomacke, in hot feuers, where reason is troubled, ar to be eschued, for feare of suffocacion. Likewise put to the head vndiscretely, it hurteth both the head & the eyes. The late authors do affirme, that scarifyng is in ỳ stede of letting bloud, where for age, debilitee, or time of the yere, or other like consideracion, a man may not sustayne bloud lettynge, and it bryngeth foorth the thinne bloud, whiche is nexte to the skinne. Oribasius in medicinæ compendio. Aetius.

Of bloud suckers or leaches. Cap. 8.

There is also an other fourme of euacuacion by wormes, founde in waters called bloud suckers or leaches, whiche beynge put vnto the body or mẽbre, do draw out bloud. And their drawing is more conuenięt for fulnesse of bloud, than scarifyng is, for as muche as they fetch bloud more deper, & is more of the substance of bloud, yet the opinion of some men is, that they doo drawe no bloud but that which is corrupted, and not proporcionable vnto our bodi. And therfore in griefes, which happen betwene the skinne and the flesshe of bloud corrupted, these are more conuenient thẽ scarifyng. But therfore that they be put vnto anie parte of the bodie, they muste be firste kepte all one Oribasius in medicinæ compendio.

one day before, geuyng vnto them a littell blond in freshe flesshe. And than put them in cleane water, somewhat warme, and with a spounge wype away the slime, whiche is aboute them, and than laye a littell blond on the place griesued, and put theim than to it, and lay on them a spounge, that whan they be full, they may fal away, or if ye wyll sooner haue them of, put a horse heare betweene their mouthes, and the place, and drawe them away, or put to theyr mouthes salt or asshes, or vyneger, and foorthwith they shall fall, and than washe the place with a spounge, and if ther do issue much blond, lay on the place the pouder of a spoūge, and pitche burned, or linnen cloth burned, or gaules burned, or the herbe called Bursa pastoris, bruised. And this sufficeth concernyng blond suckers.

Of Hemoroides or Pyles. Cap. 9.

HEmoroides be veines in the fundement, of whō do happen sondry passions, somtime swellyng without bledyng, somtime superfluous blond, by the puissaunce of nature, is by them expelled, and than be they very conuenient, for by them a man shall escape many great sicknesses, whiche be ingendred of corrupted blond, or of melancholy. Semblably, if they be hastily stopped from the course, which they haue been vsed to, therby doo increase the saied sickenesses, whiche by them were expelled as dropsies, consumpcions, madnesse, fran-

sies

ſies, and diuers diſeaſes of the head, and other ſickeneſſes: paleneſſe of the viſage, griefe in the raynes of the backe, and thies. And if they flow to much, there inſueth feblenes, leanneſſe of the bodie, alteracion of colour, greate peines in the lower partes of the bodie. And if the fluxe be vnmoderate, it ingēdzeth miſchenous diſeaſes. Wherfore it woulde be diligently taken heede, that they renne in meaſure, or els to vſe ſome thynges moderately, which may reſtraine them. ¶ Concernyng other euacuacions, I do pourpoſely omitte to wzite of them in this place, for as muche as in this realme, it hath been accompted not honeſt, to declare them in the vulgare tongue, but onely ſecretely.

Of affectes of the mynde, Cap. 10.

The laſt of thynges called not naturall, is not the leaſt parte to bee conſidered, the which is of affectes and paſſions of the mynde. For if they be immoderate, they doo not onely annoy the body and ſhorten the life, but alſo they do appaire, and ſomtime loſe vtterly a mans eſtimacion. And that much more is, they bzyng a mā from the vſe of reaſon, and ſomtime in the diſpleaſure of almightye God. Wherfore thei do not onely require the helpe of phiſicke corporall, but alſo the counſaile of a man wiſe and well lerned in morall philoſophy. Wherfore after that I haue recited, what they be, I will briefely declare ſuche counſailes, as I haue gathered. And as concernyng remedies

of phisicke, sauynge a fewe simples, whiche doo
comforte the heart and spirites, the residue I
will remitte to the counsaile of phisicions, like
as I haue dooen in euacuation. Affectes of the
mynde wherby the body is annoied, & do bryng
in sickenesse, be these, Ire or wrathe, heuinesse or
sorow, gladnesse, or reioysyng.

Of Ire. Cap. II.

IRe is kendled in the hert, inordinately chaun-
fyng the spirites there, and than is sent forth
into the membres, and doeth superfluously
heate them, and disturbeth reason, where the
bodies be hotte afore, where naturall heat is fe-
ble, the heate may not be dispersed vnto the ex-
treme partes, and than doeth the extreme mem-
bres, that is to saie, whiche are farre from the
heart, remaine colde and tremblynge. Of this
affection commeth somtime feuers, somtyme a-
poplexies, or pryuacion of sences, tremblynge,
palseis, madnesse, frensies, deformitee of vy-
sage: and that worse is, outragious swearynge,
blasphemie, desire of vengeaunce, losse of cha-
ritee, amitee, credence, also forgetfulnesse of be-
nefite precedyng, and of obedience, duitie, and
reuerence. These also dooe succede, contencion,
chargeable suite, vnquietnesse of mynde, lacke
of appetite, lacke of slepe, feble digestion, scorne,
disdayne, and hatred of other, with perill of
losyng of all good reputacion. These incommo-
dites of Ire, perfectly had in remembrance, and
at the firste mocion therof on theim thonghte

on, may happen to bryng in his felowes, and therby the flame may be quenched, or let him that is angrie, euen at the first consider one of these thynges, that like as he is a man, so is also the other, with whom he is angrie, and therfore it is as lefull for the other to be angrie as vnto him, and if he so be, than shall that anger be to him displeasaunt, and stirre him more to be angrie. Wherby it appeareth, that Ire is to him lothsome. If the other be patient, than let him abhorre that thynge in him selfe, the lacke wherof, in the other contenteth him, and asswageth his malice. Moreouer, let him before, that occasion of Ire doeth happen, accustome him selfe to behold and marke well them that be angrie, with the successe of that anger, and rumi-nate it in his mynde, a good space after. And in that time, let him remember, howe Christe, the sonne of God, and God, who (as he him selfe saied) mought haue had of God his father, if he would haue asked them, legions of aungelles, to haue defēded him, ye with lesse than a winke mought haue slaine all his aduersaries, yet he not withstandyng, rebuked, scorned, falsely ac-cused, plucked hither and thither, striped, boun-den with halters, whipped, spitte on, buffeted, crowned with sharpe thorne, laded with a heuie piece of timber, his owne prope tourment, ha-led, and driuen forth like a calfe to the slaugh-ter house, eftsones beaten and ouerthrowen, retched forth with ropes, armes and legges lai-ed on the crosse, and therunto with longe yron nailes through the handes and feet nailed, with

many

many ſtrokes of hammers, with many pyckyng=
ges, or euer the nayles might perce by his ten=
der and moſte bleſſed fleſhe and ſynewes, quite
thzough the harde tymber, vp to the heades of
the nayles: and al this beyng doen foz the offẽce
of mankynde, and not his: yet with the men,
whiche did it, his moſte vnkinde countreymen,
his moſt vnnaturall kynſemen, whome he firſte
made of nothyng, pzeſerued by myzacles, dely=
uered from perylles, and cured of diſeaſes, in
all his vexacion and trouble, he was neuer ſeen
oz perceiued angrie. If one will ſay, that anger
is naturall, let him alſo conſider that in Chzi=
ſtes manhoode were all naturall powers. If he
wyll ſaye, that yze is taken of courage, and in
Chziſt it lacked not, whome bothe aungels and
diuelles trembled and feared. The pzemiſſes of=
ten reuolued, and bozne in the mynde, I will
not ſay, ſhall vtterly extincte all mocions of
wzathe, which is not poſſible, but it ſhall whan
it kendleth lyghtly repzeſſe it, and let that it ſhal
not growe into flame. And in ſpeakyng here of
wzathe, I doo not meane that, which good men
haue againſt vyces: oz wiſe and diſcrete gouer=
noures and maiſters, againſt the defaultes oz
negligences of their ſubiectes oz ſeruauntes, vſ=
ſed in rebukyng them, oz moderately puniſhyng
them. Foz that is not pzoperly yze, but rather
to bee called diſpleaſure, and is that whereof
God ſpeaketh by his pzophete Dauid, ſaiyng:
Be you angrie and doo not ſinne. And that ma=
ner of anger hath been in diuers holy men, pzo=
pheres and other. And it appeared in Chziſt,

Pſal. 4.
Gen. 31.
Exo. 32.
Leui. 10
Marc. 11

whan

whan he draue out the, whiche made their mar-
ket in the holy temple of god, where there ought
to be nothyng but praier. And in likewise when
he rebuked the hypocrites. But if none of these
thynges may com so shortly to his remembrãce,
that is meeued with anger, at the least let him
thinke on the lesson, that Appollodorus the phi-
losophier, taught to the Emperour Octauian,
that before he spake or do any thynge in anger,
he do recite in order, al the letters of the A. B. C.
and remoue somwhat out of the place that he is
in, and seeke occasion to be otherwise occupied.
This shall for this time suffise, for the remedies
of yre. And he that will know more of this mat-
ter, let him read in my worke called the Gouer-
nour, where I therof do write more abundãtly.

¶ Of dolour or heuinesse of mynde. Cap. 12.

There is nothyng more enemie to life, then
sorow, called also heuinesse, for it exhau-
steth bothe naturall heate and moysture
of the body, and doeth extenuate or make
the body leane, dulleth the witte, and darkeneth
the spirites, letteth the vse and iudgement of
reason, and oppresseth memorie. And Salomon Pro. 17.
saith: That sorow dryeth vp the bones. And al- and. 25.
so lyke as the mothe in the garmente, and the
woorme in the tree, so doeth heuinesse annoy the Eccl. 25.
heart of a man. Also in the booke called Eccle- and. 38.
siasticus. Sorowe hath kylled many, and in it
selfe is found no commoditee. Also by heuinesse

death is hastened, it hydeth vertue or strength, and beautinesse of hert boweth down the necke. This is so puissaunt an ennemie to nature and bodily health, that to resist the malice and violence therof, are required remedies, as well of the holsom counsailes found in holy scripture, and in the bookes of morall doctrine, As also of certaine herbes, fruictes, and spices, hauynge the propertee to expell melancholike humours, and to comforte and keepe liuely the spirites, which haue their proper habitacion in the herte of man, and moderate nourishyng of the naturall heat and humour, called radicall, whiche is the base or foundacion, wherevpon the life of man standeth, and that failynge, life falleth in ruine, and the bodie is dissolued. Now fyrste I will declare some remedies against sorowfulnesse of heart, concernyng necessarie counsayle.

¶ Somtime this affecte happeneth of ingratitude, either where for benefite, or special, loue employed, one receiueth damage, or is abandoned in his necessitee, or is deceiued of him, whō he trusted, or findeth him, of whome he hath great expectacion, forgetfull or necligent in his commoditee, or perceiueth the person, whome of longe time he hath loued, to be estraunged from him, or to haue one of later acquaintance in more estimacion. This affection nippeth the hert, ye of moste wise men, for they loue moste hertily, not prouoked by carnall affection, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners of long time mutually experienced. And it is not onely

vnto

vnto man greeuous, but also vnto god most displeasaunt and odious, as it is aboundantly declared in scripture. Wherfore the person, whiche feeleth him selfe touched with this affect, before that it groweth into a passion, and wareth a sickenesse, let him call to remembrance these articles folowynge, or at the least wayes some of them. For eueriche of them may ease him, though perchaunce they can not forthwith perfectly cure him.

¶ Consider, that the corrupcion of mans nature is not so muche declared in any thynge, as in ingratitude, wherby a man is made woorse, than diuers brute beastes. The littell ante or emote helpeth vp his felowe, whome he seeth ouerthrowen with burdein, or by other occasion. Also whan olyphantes do passe ouer any greate water, the greatest and moste puissant of them deuyde them selues, and settyng the weakest in the middell parte, go before, tryng the depenesse and perilles, parte come after, succourynge the weakest or least, with their longe noses, whan they see them in danger. The same beastes haue been seene not only bryng men out of desertes, whiche haue lost their waies, but also renuynge the displeasures doen to them, the whiche gaue them meate, as one that slew him, whiche had committed aduoutrie with his maisters wyfe. The terrible Lyons and Panthers, haue been seene in their maner, to render thankes to their benefactours, ye and to obiecte their owne bodies and liues for their defence. The same wee may daily beholde in our owne dogges.

Counsayles against ingratitude. Appianus in varia historia.

Than in whom thou findest the detestable vice of Ingratitude, reputynge him amonge the woorst sortes of creatures, thinke not that thou hast loste a friende, but thinke that thou arte deliuered from a monster of nature, that deuoured thy loue, and that thou arte now at libertee, and hast wonne experience to chose the a better. But if this may not suffise, than eftsoones consider, that if thou looke well on thy selfe, perchaunce thou maiest finde the faute wherof thou complaynest, within thine owne bosome. Call to thy remembraunce, if thou haste alway rendered vnto euery manne condigne thankes or benefite, of whome thou haste kyndenesse receiued or if thou hast alway remembred, euery one of them, that haue doen to the any commoditee or pleasure. Thou shalt well perceiue, that what thyng thou receiuedst in childehoode, thou forgattest or diddest littel esteeme, whan thou camest to the state of a man. And what thou diddest remember in youthe, in age, thou diddest littell thinke on: thy nourices pappe, hir rockynges, watchynges, thou haste not alway remembred, or equally recompensed. Thy schole maisters studie, his labour, his diligence in a like degree, thou hast not requited. What greater freendes hast thou had, of whome thou coudest receiue any greatter benefites, than thy nourishyng and preseruyng of thy life, in thy moste febleneſſe, thine erudicion, whereby thy nature was made more excellent. Remembryng this, leaue to be angry or sorowful for so cõmon a vice: yet if it cesse not to greue thee, conferre

Sene. de benefi. 7

the

the ingratitude that doth vexe the, with that ingratitude, which was shewed by the Israelites, whom god chose for his owne people, deliuered from seruage, shewed for them wonders, preserued them fortie yeres in deserte, destroied for them kynges, gaue to them the countrey, which flowed milke and hony, defended them agaynst all outward hostilitee, sente vnto them suche abundaunce of riches, that syluer was in Hierusalem, as stones in the strete, had his tabernacle and afterwarde his moste holy temple amonge them, whiche he did dayly visite with his diuine maiestie, made their kynges to reigne gloriously, and spake with their Prophetes familiarely, and corrected their errours most gentilly: and yet for all this, they imbracyng the paynyms Idolatrie, they lefte so gracious and louyng a lord, and liuyng God, and to his greate despite, gaue diuine honors to calfes of brasse, and other monstruous Images, and at the last put to most cruell death, the only sonne of god, that had doen so much for them.

¶ And if we chrisien men doo loke well on our selues, reuoluynge the incomparable benefite, whiche we haue receiued by Christes passion, and consider the circumstaunce of his moste excellent pacience, and most feruent loue towarde vs, with our forgetfulnes, and the dayly breache of our promesse, whiche we made at our baptisme, conferryng our mutuall vnkindnes therevnto, there shall appere no ingratitude, ỹ should offende vs. Finally for a conclusion, beholde well aboute thee, and thou shalt all day fynde

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the childzen ingrate to their parentes, and wiues to their husbandes. And wylte thou looke that thy benefite, or vaine expectacion, should make the more free frō ingratitude of thy freend whom chaunce hath lent thee, than nature maie the parentes toward their childzen, or the coniunction of bodies by lefull mariage, take vnkindnesse from the wyues towarde the husbandes. This vice therfore of ingratitude, beynge so common a chaunce, make no worldly freendship so precious, that life or health therefore should be spent or consumed. I haue been the lenger in this place, because I haue had in this griefe sufficient experience.

Deathe of childzen.

¶ If death of childzen because of thy heauynesse, call to thy remembrance some childzen (of whom there is no litteil noumbre) whose liues eyther for vncorrigible vyces, or infortunate chaunces, haue been more greeuous vnto their parentes, than the death of thy childzen ought to be vnto thee: considerynge that death is the discharger of all griefes and myseries, and to them that die well, the first entrie into lyfe euerlastyng.

Losse of goodes.

¶ The losse of goodes or auctoritee doo grieue none but fooles, which do not marke diligently, that like as neither the one nor the other doeth alway happen to them that are worthy, so wee haue in dayly experience, that they fall from him sodeinly, who in increasyng or keppyng theim seemeth moste buisie.

Lacke of promocion.

¶ Oftentimes the repulse from promocion is cause of discomforte. But than consider, whi-

ther

ther in the opinion of good men, thou art demed worthy to haue suche aduancement, or in thine owne expectacion and fantasie. If good men so iudge thee, thanke thou god of that felicitee, & laugh at the blindnesse of them, that so haue refused thee. If it procede of thine owne folye, abhorre all arrogance, and inforce thy selfe to be aduanced in mens estimacion, before thou canst fynde thy selfe woorthy in thy proper opinion.

¶ All other chaunces of fortune, esteeme as nothyng, and that long before they doo happen. The ofte recordynge of myserie, prepareth the mynd to feele lesse aduersitee. And the contempt of fortune, is sure quietnesse, and moste perfite felicitee. Chaunces of fortune.

¶ This now shall suffise concernyng remedies of morall philosophie. Now will I write somewhat touchyng counsayle of phisicke, as in relieuyng the bodie, which either by the saied occasions, or by the humour of melãcoly, is brought out of temper.

¶ The first counsayle is, that duryng the tyme of that passion, eschew to be angrie, studious, or solitarie, and reioyce thee with melodie, or els be alway in suche compaignie, as best maye content thee.

Auoyde all thynges that be noyous in syght, smellyng and hearyng, and imbrace all thynge that is delectable.

Flee darknesse, muche watche, and busines of mynde, much compaignynge with women, the vse of thynges very hot and drie, often purgacions immoderate exercise, thyrst, muche ab-

stinente, drie windes and colde.

Abstein from dayly eatyng of much olde biefe or olde mutton, hard cheese, hares flesshe, boyes flesshe, venyson, saltefisshe, colewoortes, beanes, and peason, very course bread, great fisshes of the sea, as thurlepole, porpise, and sturgeon, and other of like natures, wyne redde and thicke, meates beyng very salte or sowre, olde, burned, or fried, garlike, onyons, and leekes.

Use meates, whiche are temperately hot, and therwith somwhat moyste, boyled, rather than rosted, light of digestion, and ingendryng bloud clere and fyne. As mylke hotte from the vdder, or at the least new milked, ruen chese, sweete almondes, the yelkes of rere egges, littel birdes of the bushes, chickens and hennes. Wyne white or claret, clere and fragrant. Sweete sauours, in winter hot, in sommer colde, in the meane tyme temperate.

¶ Confortatiues of the hearte hotte.

¶ Bourage the floure or leafe.
Buglosse.
Baulme mynte.
Elicampane.
Cloues.
Cardamomum.
Rosemary.
Lignum alowes.
Muske.
Ambergrise.
Saffron.
The bone of the hearte of a redde deere.
Myntes.
The rinde of Citron.
Beene.
Bububes.
Basyll.

¶ Confortatiues of the hert colde.

¶ Violettes.
Perles.
Corall.

The

The vnicornes horne.
Olde appulles whiche be good.
Roses.
Saunders.
The Olyphantes toothe.
Water lyllies.
Lorryander prepared.
¶ Confortatiues temperate.
¶ Jacincte.
Saphire.
Emeraudes.
Myrabolanes, called kebuli.
Bugloſſe.
Golde, ſiluer.

¶ Of Joye.

IOy or gladneſſe of heart doeth prolonge the life, it fatteth the bodie that is leane with troubles, bitynge the humours to an equall temperaunce, and drawynge naturall heate outwarde. But if it be ſodayne and feruent, it oftentimes ſleeth, for as muche as it draweth to ſodainly and exceſſiuely naturall heate outwarde. And therfore diuerſe men and women haue been ſeene to fall in a ſounde, whan they haue ſodainly beholde the perſons, whome they feruently loued.

¶ A woman in Rome, hearynge firſt, that hir ſonne was ſlaine in battayle. After whan he came to hir, ſhe ſeeyng him alyue, imbracynge eche other, ſhe died in his armes. This well conſidered, againſt ſuche inordinate gladneſſe, the beſt preſeruatiue is to remember, that the extreeme partes of mundaine ioye is ſorowe and heauineſſe: And that nothynge of this worlde, maye ſo muche reioyce vs: but occaſion maye cauſe it to be diſpleaſaunt vnto vs. T. Liuſ

The dominion of sondrie complexcions. Cap. 13.

IT seemeth to me not inconuenient, that I doo declare as well the counsayles of auncient and approued authors, as also mine owne opinion, gathered by diligent markyng in dayly experience, concernynge as well the necessarie diete of euery complexcion, age, and declinacion of health, as also the meane to resist the discracies of the bodie, before sickneſſe be therein confirmed, leauyng the residue vnto the substanciall learnyng and circumspect practise of good phisicions, whiche shall the more easily cure their pacientes, if their pacientes do not disdaine to beare away and follow my counsaile.

¶ And first it ought to be considered, that none of the .iiii. cõplexcions haue soolely suche dominion in one man or womans body, that no part of any other complexcion is therwith mixt. For when we call a man sanguine, colerike, fleumatike or melancoly, we do not meane, that he hath bloud only without any of the other humours, or choler without bloud, or fleume withoute bloud or melancholie, or melancholy withoute bloud or choler. And therfore the man, whiche is sanguine, the more that he draweth into age, wherby naturall moysture decayeth, the more is he cholerike, by reason that heate surmountynge moysture, needes must remain heate and drithe. Semblablie the cholerike man, the more that he

he waxeth into age, the moze naturall heate in him is abated, and dzithe surmounteyng natu= rall moysture he becommeth melancholike, but some sanguine man hath in the pzopozcion of temperatures, a greatter mixture, with choler, than an other hath. Likewise the cholericke oz fleumaticke man with the humour of sanguine oz melancholy. And therfoze late pzactisers of phisike are wont to call men, accozdynge to the mixture of their complexcions, as sanguine co= lerike, fleumatike sanguine. &c. Mozeouer, be= side the naturall complexcions, whiche man re= ceiueth in his generacion, the humours, wherof the same complexcions doo consist, beynge aug= mented superfluously in the body oz mẽbzes by any of the saied thynges called not natural, eue= ry of them doo semblably augment the complex= cion, whiche is pzoper vnto him, and bzyngeth vnequall temperature vnto the body. And foz these cauſes, the sanguine oz fleumatike man oz woman, feelyng any discrasie by choler hapned to them by the saied thynges, called not Natu= rall, they shall vse the diete described hereafter to him, whiche is naturally cholerike. Sembla= blie the cholerike oz melancholike man oz wo= man, hauynge any discrasie by fleume to vse the diete of him whiche is naturallie fleuma= tike, alwaie remembzynge, that sanguine and fleumatike men haue moze respecte vnto dzithe, cholerike and melancholie vnto moisture, and that alway as the accidentall complexcion de= cayeth, to resozte by littel and littell to the diete, pertainyng to his naturall complexcion.

¶ The

The times appropried to euery naturall humour. Cap. 14.

BVt firſt it muſt be conſidered, that where the foure humours be alway in man, and in ſome man commonly one humour is more abundant than an other naturally, that is to ſay, from his generacion. The ſayed humours haue alſo peculiare times aſſigned to euery one of them, wherin eche of them is in his moſte power and force, as after inſueth, after the deſcripcion of Sozanus.

Soran⁹ Epheſi⁹. ¶Fleume hath moſt puiſſance in winter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Februarie, wherby ar ingendred Catarres or reumes, the vuula, the coughe, and the ſtitche. This humour is parte in the head, parte in the ſtomacke. It hath dominion from the. iii. houre of night, vntyll the nynthe houre of the ſame night.

¶Bloud increaſeth in ſprynge time from the viii. Idus of Februarie, vnto the. viii. Idus of Maie, wherof are ingendred feuers, and ſwete humours, which do ſhortly putrifie: the power of this humour is about the hert, and hath dominion from the ninth houre of night, vntill the thirde houre of the mornyng.

¶Redde choler hath power in Sommer from the. viii. Idus of may, vntill the. viii. Idus of Auguſt, wherby are ingendred hotte and ſharpe feuers: this humour is ſpecially in the liuer, and hath dominion from the third houre of day, vntill the, ix. houre of the ſame day.

¶Yelows

¶ Yelow choler, wherof is ingendred the flueme of the stomake, is norished in Autumne, whiche beginneth the .viii. Idus of Auguste, and dureth vnto the. viii. day of Nouember, and maketh shakyng feuers and sharpe: the blacke choler that increaseth, and than foloweth thicknes of the bloud in the veines. Blacke choler or melancholy moste raineth in the splene, and it rayneth from the. ix. houre of day, vntill the thyrde houre of night.

Peculiar remedies against the distemperaunce of euery humour,

IF the distemperaunce be of bloud, helpe it with thynges colde, sharpe and drie, for bloud is moyste, hotte, and sweete. Soranꝰ in arte medēdi.

If it be of redde choler, geue thynges colde, moyste, and sweete, for redde choler is bitter and fyrie. If it be of blacke choler, geue thynges hot moiste and sweet, for blacke choler is sharpe and colde. If the disease be of salte fleume, geue thynges sweet hotte and drie, thus saieth Sozanus. Notwithstandyng where there is aboundance of colde fleume not myxte with choler, there thynges very sharpe and hotte be moste conuenient, as tarte vyneger wyth hotte roses and seedes or wines, stronge rought honie beynge sodden in the one and the other, or where choler is myxte with fleume: syrope acetose made with vyneger and sugar boyled, somtime with herbes, rootes, or seedes, which may dissolue fleume and digest it.

¶ Diets

Diete of them, vvhiche are of sanguine complexcion. Cap. 15.

FOr as muche as in sanguine men bloud moste reigneth, which is soone corrupted, it shall be necessarie for them whiche are of that complexcion, to be circumspecte in eatyng meate, ꝑ shortly will receiue putrifaction, as the more part of fruites, specially not beynge perfectly ripe, also meates that be of yll iuice, as flesshe of beastes to olde or to yonge, vdders of beastes, braines, except of capons and chickens, marowe of the backbone, muche vse of onyons, leekes, garlyke, muche vse of olde figges, muche vse of rawe herbes, and all thyng wherin is excesse of heate, colde, or moysture, meates that be stale, fishes of the fennes or muddy waters, and to muche slepe, as experience sheweth.

Diete of cholerike persons. Cap. 16.

TO them whiche be colerike, beyng in their naturall temperature, and hauynge not from their youth vsed the cõtrary, grosse meates moderately taken, be more conuenient, than the meates that be fine, and better shall they digest a piece of good bieke, than a chickens legge. Choler of his propertee rather burnynge than well digestyng meates of lyght substaunce, not withstandynge some gentilmen whiche be nicely brought vp in their infancie, may not so well susteyne that diete as poore men, beyng the more parte vsed to grosse meates,

tes. wherfore their diet must be in a temperance, as yong bieke, olde veale, mutton, and venison powdred, yonge geese, and such like, concernyng their complexcion with meates like thervnto in qualitee and degree, accordyng to the counsayle of Hippocrates. And as he perceiueth choler to abounde, so to interlace meates whiche be colde in a moderate quãtitee, and to alay their wyne more or lesse with water, eschewyng hotte spices, hotte wynes, and excessiue labour, whereby the body may be muche chauffed. Also he maye eate oftener in the daie than any other: forseen, that there be suche distance betwene his meales as the meate before eaten be fully digested, whiche in some person is more, in some lesse, accordyng to the heate and strength of his stomacke, notyng alway, that the cholerike person digesteth more meate than his appetite desireth, the melancholike person desireth by false appetite more than his stomacke may digest. And to a cholerike person it is right daungerous, to vse longe abstinence: for choler, findyng nothynge in the stomacke to concocte, it fareth than, as where a littell potage or milke, beyng in a vessell ouer a great fire, it is bourned to the vessell, and vnsauery fumes and vapours do issue oute therof. Likewise in a cholerike stomake, by abstinence, these inconueniences doo happen, humours aduste, consumyng of natural moisture, fumositees and stinkynge vapours, ascendynge vp to the heade, wherof is engendred duskynge of the eyes, hed aches, hotte and thinne reumes after euery littell surfet, and many other in-

cons-

noykull, whiche are very colde, biſcous or ſly-
mie, fatte or ſoone putrified, eatyng muche and
often, ſpecially meates ingendrynge fleume,
whiche be remembred in the table precedyng. Al
thynges be good, which are hotte and drie, al-
ſo meates and drinckes whiche be ſowre: ony-
ons alſo, and garlyke moderately vſed, be very
commendable, in pure fleume not myxte with
tholer, muche vſynge of ſalte, ſpecially dried.
Pepper groſſe beaten, & eaten with meate, ought
to be with all fleumatike perſons familiar, alſo
gynger is right conuenient, but not to be ſo fre-
quently vſed as pepper, for aſmuche as the na-
ture of pepper is, that beinge eaten, it paſſeth
through the body, heatyng and comfortynge the
ſtomake, not entryng into the veynes, or anoi-
yng the lyuer, whiche vertue is not in gynger.
Gynger condite, the whiche we doo call greene
gynger, ſpecially conded with ſugar, if it may
be gotten, and alſo Mirabolanes called kebuli
condite in India, be moſt excellent remedies a-
gainſt fleume, alſo the herbes, whiche are re-
mẽbred afore in the table of digeſtiues of fleme,
and the rootes of perſely, fenell, yreos, Elycam-
pane, and carrettes be very commendable. Ex-
erciſe twyſe in a day, the ſtomakes beyng almoſt
emptie, ſo that ſweat beginue to appere, is very
expedient, clenſyng of the bodie from all filthy-
neſſe, with rubbynge and wippynge, oftentimes
with waſhynge, ſpecially the heade and partes
there about, moderate ſweatynge in hot bathes
or ſtues, be to this complexion neceſſary, ſpe-
cially whan they haue eaten and dronken ex-

ceſſiue

cessiuely. The head and feete to be kept from cold, and to dwell high and farre from mooꝛes and marshes, is a rule right necessarie, also to abstain from eatyng herbes and rootes not boiled, and generally from all meates whiche will not be easily digested.

¶ The diuision of melancoly, and the diet of persons melancolyke. Cap. 18.

MElancoly is of two soꝛtes, thone is called natural, which is only cold and dry, the other is called adust oꝛ burned. Naturall melancoly is (as Galene saieth) the reſidẽce oꝛ dꝛegges of the bloud: and therfoꝛe is colder and thicker than the bloud. Melancholy adust is in foure kyndes, either it is of naturall melancoly adust, oꝛ of the moꝛe pure part of the bloud adust, oꝛ of choler adust, oꝛ of salt fleume adust. But of al other, that melancoly is woꝛst, whiche is engendꝛed of choler, finally all adust melancoly annoyeth the witte and iudgment of man. Foꝛ whan that humour is hette, it maketh men mad, and whan it is extinct, it maketh men fooles, foꝛgetfull and dul. The naturall melancolie kept in his temperance, pꝛofiteth muche to true iudgement of the witte, but yet if it bee to thicke, it darkeneth the spirites, maketh one tymoꝛous, and the witte dull: If it be mixt with fleume, it moꝛtifieth the bloud with to muche colde, wheꝛfoꝛe it maie not be so littell, that the bloud and spirites in their feruentnesse, be as it were vnbꝛideled, whereof doe happen vnstablenesse of witte, and slipper remembꝛance, noꝛ yet so much, that by the weight therof (foꝛ it is heauis

Ex Marcilio ficino de vita sana.

wherapprochyng nigh to the earth) that we seme to be alwaie in slepe, and nede a spurre to pricke vs forward. Wherfore it is right expedient, to kepe that humour as thinne as nature will suffer it, and not to haue to muche of it. But now to the diete pertayninge to them, whom this humour annoyeth. The knowlage that melancoly reigneth, is oftentimes, heuinesse of minde, or feare without cause, sleppynesse in the membres, many crampes without repletion or emptinesse, sodein furie, sodein incontinencie of the toung, muche solicitude of light thinges, with plainesse of the visage, and fearfull dreames of terrible visions, dreamyng of darkenesse, depe pittes, or death of frendes or acquaintance, and of all thynge that is blacke. The meates conuenient are they, which be temperately in heate, but specially they that be moiste meates soone digested, and they rather boyled then rosted, temperately myxte with spices, mylke hotte from the vdder, or late mylked, is verie conuenient for that complexion, swete almondes blenched, and almond mylke, the yelkes of rere egges, and finally all thinges, whiche ingender pure blood, and all that is written in the chapiter of age. All these be yll for them. Wine thicke or troublous, specially red wine, meates hard, drie, verie salte or sowre, burned meate, fried meat, much biefe, hares flesche, beanes, roket, colewortes, musterd, radische, garlyke, except there be much winde in the bodie, for than is it very holsome, onyons, lekes, finally all thinges whiche heateth to muche, keeleth to muche, or drieth to muche, also wrathe,

wrathe, feare, compassion, sorowe, much studie or care, muche idelnesse or reste, all thynge that is greuous to see, to smell, or to heare, but most specially darknesse. Moreouer muche dryyng of the bodie, eyther with long watche, or with muche care and tossyng of the mynd, or with muche lecherie, or muche eatyng and drinkyng of thinges that be hot and drie, or immoderate euacuation, labour, abstinence, thirst, goyng in the ayre vntemperately hot, colde, or drie, al these thinges do annoy them that be greued with any melancoly. It is to be diligently considered, that where melancolye happeneth of choler adust, there meates whiche be hot in worckynge, would be wisely tempred, and drinkyng of hot wynes would be eschewed, semblable cautele would be in sauours. Not withstanding moderate vse of small wynes, clere and well verdured, is herein very commendable, the humour thereby beyng clarified, and the spyrytes clensed, but the abuse or excesse thereof, doeth as muche damage.
Also it is right expedient, to putte into wine or ale, a gadde of syluer or gold, glowyng hot out of the fyre, to temper hot meates with roses, violettes, saunders, rose water, borage, buglosse, baulme called in latine Melyssa, or the water of all thre drōken with good wine, white or claret, or made in a iulep with suger, is wonderful holsom, chewyng of lykorise, or raisōs of corance, is right expedient, but most of al other thinges, mirth, good cōpany, gladnes, moderate exercise, with moderate feding. And thus I leaue to speke of diets, aptly belongyng to the. iiii. cōplexions.

THE FOVRTH BOOKE.

¶VVhat cruditee is, and remedies therfore. Cap. primo.



VVYLL SOM- what wzite of two diſcraſ- ſies of the bodie, whiche do happen by the exceſſe oz lacke of thinges called not naturall, whereof I haue ſpoken befoze. The one is called cruditee, the other laſſitude, whiche although thei be wozdes made of latine, hauyng none apt engliſhe woozd therfoze, yet by the diffinicios and moze ample declaracion of them, they ſhall be vnderſtand ſufficiently, and from henſefozth vſed foz englyſhe. But firſt it ſhall be neceſſarie to conſider that concoction is an alteracion in the ſtomake of meates and dzinckes, accozdyng to theyz qualitees, wherby they are made lyke to the ſubſtance of the bodie. Crudite is a vicis- ous concoction of thynges receyued, thei not be- yng holely oz perfectly altered. The cauſe ther- of is, ſotime the diſtemperature of the ſtomake, ſometime inflammacions, ſomtime matter con- geled, oz impoſthumes in the ſtomacke, other- while ingurgitacion of meate and dzynke: oz foz the vicious qualitee of the ſame meates oz dzin- kes, oz the receiuyng therofout of ozdet, oz lack

of exercise, or of conuenient euacuacion. Galen saith, that in crudities or vicious concoction it must be considered, as well if the iuyce be vtterly corrupted, and may not be sufficiently concocte, as also if it be in the way of concoction, for if it be corrupted, it must be expelled by swet or vrine, if it be halfe concoct, than must suche thynges be ministred, as maie helpe to profite concoction, hauyng regard to the qualitee and temperaunce of the iuyce, that is to saie, whether it be thicke or thinne, fleumatike or cholerike: whiche shalbe perceiued by the dyete precedyng, and also by other thynges named not naturall. for fleumatike meates eaten in great quantitee or often, maketh fleumatyke iuyce. Likewyse doeth lacke of conuenient exercise, to muche rest or idelnesse, as cholerike meates and vehement labours doe make cholerike iuyce in sommer, and melancholyke iuyce in Autumne, specially where labours be continuall or longe durynge. Also where labour is with muche sweate, there is the vrine more grosse: where it is without sweate, there is it thinner. Moreouer the colour and substaunce of the vrine declareth the temperance of the iuyce, whiche shall be hereafter declared in the table of vrynes. Semblably the colour of the bodye declareth the iuyce that is in it, for beyng whyter than it was woont to be, it signifieth abundaunce of fleume, beyng more pale or yelow, it betokeneth excesse of choler, if it be blacker, it signifieth melancoly, if the yll iuyce be much in quantitee and the bloud littell, the yll iuice would be digested

and expelled with ſuche thynges as do ſerue for that temperature, but if the blud be muche, and the yll iuice littell in quantitee, there would the vaine be opened, and after ſufficient bleding, a conuenient purgacion geuen, hauynge regarde as well of the quantitee of the iuyce, as of the kynd therof, in caſe that either for age or for tymorouſneſſe, a man will not be let bloud, than muſt he be pourged by ſiege in more abundance: But if he in whom is littell good bloudde, and muche yll iuyce, and feeleth a laſſitude or wearineſſe in all his bodie, he ſhould neither be lette bloud, nor receiue purgacion, nor yet labour or walke muche: but abide in muche quiet, and alſay to ſleepe muche, and receiue ſuche meates drinkes and medicines, whiche doeth extenuate or make thinne, cutte, and digeſt groſſe humors, without vehement heate, wherof it is written in the table of digeſtiues: in the number of whom is oximell, beyng well made, or Acetoſus ſimplex, where the iuyce is muche cholerike or melancolike. Semblably, capers with oyle and vineger be prayſed of Galene. Whan there appereth in the vrine a reſidence lighte and white, than wyne white or clarette moderately taken, helpeth to concoction, maketh a good iuyce, and prouoketh vrine, than increaſe fricacions and exercile by littell and littell, and than let hym retourne to his naturall diete. In whom is a boundaunce of rawe iuice, and outwardly feleth a laſſitude, to theim Galene counſayleth, the ſecond or thyrde day to geue Weath, wherin Iſope is boyled, and afterwarde to vomite.

Galen ſu. liber. 6.

The

The meane to escape cruditee, is to be diligent in obseruacion of thei councels before wryteen, concernyng the thinges called not naturall, not muche vsyng meates that be very harde to concocte, also fatte meate, and meates long kepte, also corrupted or stynkyng, swete fruictes, and banketting dyshes, hasty feedyng without good chewyng, also muche or verie ofte drynkyng at meales, very muche heate, or very muche colde after meate.

¶ Furthermore it must be considered, that all thynges which bringeth greefe to the body, is ingendred either of to muche abundance of iuyce, or of the vicio⁹ qualitee therof: He that is sicke of abundance, the diet of him wholly consysteth in reducing the iuice to a conuenient quantitee. He that is grieued with the vicious qualitee of the iuyces, his order resteth in making the iuyces equall in temperautre. Moreouer, where that whiche passeth out of the bodie, is lesse thē that which is receiued into the bodie, there happeneth sickenesse, whiche commeth of abouundaunce. In the whiche case it ought to be dilygently forsene, that there be obserued a conuenient meane of meates and drinkes, in respecte of that whiche is expelled out of the bodie, whiche maie be doen if the quantitee of eche of them be wisely considered. And where abundance is, there the quātitee or qualitee, or both be tēpred. Alwaie remember, that of crude iuyce be diuers kyndes, some bs colde and fleumatike, some be hotte and cholerike, other be more thin and watrie, some of blacke choler or melancolike. They

whiche do abound in any of them, muſt abſteyn from ſuch meates and drinkes, whiche doe ingender ſuche iuice as doeth annoie them: thoſe meates and drinkes be declared in tables precedyng. Aetius alſo would that he ſhould drinke a draught of cold water, affirming, that therby the ſtomake beynge corroborate, driueth out of him downe into the bealie, that whiche cleaueth faſt to it. I my ſelf vſyng to drynke faſtyng, very ſmall biere or ale, whan I haue bene in that caſe, haue found eaſe by it. Paulus Aegineta willeth, that at the beginning, the legges and armes ſhuld be rubbed with a courſe linnen cloth, the legges downward to the feete, the armes to the toppes of the fyngers, and whan thei be well chauffed, than to rubbe them againe with ſome oyle, that doeth open the pores, and diſcuſſe the vapors, as oyle of camomill, oyle of anete, and other like, he praiſeth muche Mulſe, or the water of hony, ſpecially if ſome Iſope be boyled in it. Galen, and al other do agre, that in this caſe pepper bruiſed and eaten with meate, is very expedient: And where there is muche wynd in the ſtomake, than to eate all tymes of the daie of the medicine made of the thre kindes of pepper, time, aniſe ſede, and hony clarified, whiche is called diatrion piperion, or that whiche is called diaſpoliticon, or diapiganon, whiche is made of cummine ſteped one daie and a night, or lenger in tart vineger, and after fried or layd on a burnyng hot ſtone, and made in powder, alſo pepper and rue dried ſomwhat, and made into poulder all in equall porcions, and myxt with clarified hony,

Aetius ſer mone. 9.

hony, Galen addeth therto salt peter, called in latine Nicrum. The confection made with the iuice of quinces, and is called Diacytoniten, is very excellent. But it is to be diligently noted, that where cruditee is in a cholerike persō, there would the saide medicines be temperately vsed, and the saied diacitoniten, to haue littell or no spices in it. And for my part, beyng of a colerike humour mixt with fleume, many yeres continually in cruditee, I neuer found any thyng better then fine Reubarbe chewed with raisons of corens, which I toke by the counsaile of the worshipfull and well learned phisicion, maister doctour Augustine, who in his maners declareth the gentilnesse of his auncient bloud, which medicine I do not leaue to vse daily fastyng, when I fele some cruditie to beginne. Also syrope acetose, that is to saie, sugar sodden in pure vineger, and littell water, vntill it be thicke as a syrope, is sometyme conuenient, and that as well to cholerike persons, as vnto fleumatike: and if fleume be abundaunt than with rootes and seedes of fenell and persely sodden with it. Also in that case Orymell, that is to saie, hony and water sodden together, with the saide rootes and seedes, and a quantite of vyneger put therto in the boilyng, is very commendable. If the pacient be very costiue, than the medicine of Galene, called Hierapicra, from halfe an ounce to an ounce, taken in water of hony or ale, or taken in pylles the weight of a grote, and a halfe, or two grotes, if the stuffe be good, will pourge the bodie sufficientlie, without making

the bodie weaker. Also that medicine by clen-
syng the stomacke and bodie, deliuereth a man
and woman, from many perilous sickenesses.
If the humors in the stomake be not putrified,
but that it is greeued with abundaunce of salt
fleume, I haue found that milke newe milked,
wherein is put a quantitee of good hony or su-
ger, and three leaues of good speare mintes,
and a littell boyled, so beyng dronke warme fa-
sting, the quantitee of a pynte, and resting on
it, without eatyng or drinkyng any other thing
the space of thre houres after, haue abundantly
pourged and comforted the stomake, but where
there is no fleume, but onely choler, it is not so
holsome, but rather hurteth, makyng fumosi-
tees in the head, whereof commeth head ache.

Of distillacions called commonly reumes, and of some remedies agaynst them right necessary. ca. 2.

For as much as at this present time in this
realme of Englande, there is not any one
more annoyaunce to the helth of mans bo-
die, than distillacions from the head cal-
led reumes, I will not let to wryte somwhat of
them, whereby men maie take benefite if they
will, although some phisicions, more consyde-
ryng their market, than their duitee to god and
their countrey, will be neuer so muche offended
with mine honest enterprise.

¶ Distillacion is a droppynge downe of a lyq-
uide matter out of the head, and fallyng either

into

into the mouthe, or into the nosethzilles, or into the eies, and somtime into the chekes and eares: that whiche falleth into the mouthe, is receiued of the thzote into that part, which is the instrument of the voice, whiche at the firste maketh hoarseneſſe, and in pzoceſſe of tyme maketh the voyce litteli, and vnneth to be heard. And if the reume be sharpe, it raseth the inner skinne of the thzote, and somtime it doeth exulcerate the lunges. If it doeth fall into the stomake, the reume beyng cold, it altereth the body into a colde distemperance, if it be hot, it maketh a hot distemperature, and doeth somtyme exulcerate in pzoceſſe of tyme: And at the beginnyng abateth appetite, and maketh feeble concoction. The colde reume, maketh concoction slow, and also crudi-tee, and ingendzeth sowze fumes in the mouth. If it be cozrupted, it tourneth also nozischement vnto cozrupcion, whiche maketh vpbzaidynges fumiche oz sharpe, oz of some yll qualitee, which can not be expzeſſed. If the matter do discēd lower, it tozmēteth the guttes called ieiunum and colon, and toucheth other veſſels, from whence pzocedeth digeſtion. In this discrasie. ii. thinges are to be pzouided foz, firſt to let that the reume doe not distill into the saide places, oz if it hath dooen, that it be shoztly expelled from thence. Firſt to let that it shall not distyl, it shall be neceſſarie to eat some meate the sooner in the moznyng, if there hath not pzoceded repletion.

Where the temperature of all the bodie is colerike, & the stomake is weake, the stomake wold be made strong with suche thynges as of their

propertee doe comfort the stomacke, forseene that they be moderately colde and moiste: And that whiche is alreadie fallen into the stomake, must be expelled with vomite or siege, prouoked with wormewood stieped all one daie and a night in a littell small white wine, or small ale and staie, whiche hath vertue onely to wype away the fylth from the stomake, but if it be sucked deepe into the fylthes of the stomake, than is it better to take the medicine called Hierapicra, either in pouder with drinke warmed, or els in pylles, to the numbre of .v. or mo in the mornyng .vi. houres before any other meat or drinke taken, afterwarde to noynte the mouthe of the stomake with oyle of Mastyke or Mardinum temperately warme. Alwaie if a hotte reume do fall into a hotte stomake, then meates and drinkes whiche be colde in vertue woulde onely bee vsed, where the stomake is distempered with heate, and the reume distilleth into a cold head, there is the distracie hard to be cured: And they whiche be so affect or diseased, muste take suche thynges as maie dissolue the fleume, and clense the stomake without heatynge thereof, of the whiche vertue we knowe Orimell to be of.

¶ If the stomake and head be bothe distempered with colde, than must be vsed meates drinkes and oynctementes, whiche onely be hotte, and vtterly to forbeare all that is colde.

¶ By these distillacions or reumes happeneth many other greuous diseases, beside those wherof I haue spoken, as in the head whirlynges, called in latine Vertigines, sodeine sounes

dinges

dinges, fallyng sickenesse, poses, stinkyng of the nose, called Polipus, sores in the mouth, tooth ache, pinne and webb in the eyes, dulnesse of heryng, quinces, fretting of the bowels, with flixes, shortnes of breth, griefe in the hert, palseies, ache in the muscules and ioynctes, wherfore it is not to be neglected. And I do much meruail, that our phisicions do not more studiously prouide therefore remedies. I my selfe was by the space of foure yeres continually in this discrasie, and was counsailed by diuers phisicions to keepe my head warme, and to vse Diatrion piperion, and such other hotte thynges as I haue reherced: at the last felyng my self very feble, and lackyng appetite and slepe, as I happened to read the boke of Galen, de temperamentis, whiche treateth De inequali temperatura, and afterward the. vi. boke, De tuenda sanitate, I perceiued that I had bene longe in an errour. wherfore firste I did throwe away my quilted cappe, and my other close bonettes, and onely did lye in a thynne coyfe, which I haue euer sens vsed bothe winter and sommer, and ware a light bonet of veluet onely, than made I oxymell after the doctrine of Galene, sauyng that I boyled in the vineger rootes of persely and fenell, with endiue, cykorie, and betayne, and after that I had taken it three daies continually, euery daie three spones full in the mornyng warme: than toke I of the same oxymell, wherein I had infused & steped one dramme of Agarike, and halfe a dramme of fine Reubarbe, the space of. iii. daies and. iii. nyghtes, which I

res

receiued in the morning, eatyng no meate tyll howres after, and that but a litteli brothe of a boyled henne, wherof insued eight stooles abundant of choler and fleume: soone after I slepte soundely, and had good appetite to eate. after supper I would either eate a fewe coliander sedes prepared, or swalowe downe a litteli fine mastix, and forbare wyne, and dranke only ale, and that but litteli and stale, and also warmed. And somtyme in the morning wold take a parfume of Storax calamita, and nowe and than I would put into my nosethrylis eyther a leafe of grene laurell, or betain, or water of maioram bruised, whiche caused the humour to distyll by my nosethrylles. And if I lacked storax, I toke for a parfume the ryndes of olde rosemary and burned them, and held my mouth ouer the fume cloasynge mine eies: after warde to comforte my stomake and make it strong, somtime I would eate with my meate a litteli white pepper grosse bruised, sometime Galens electuarie made of the iuyce of quinces, called Diacydonites, somtyme marmalade of quinces, or a quince rosted. And by this diete, I thanke almightie god, vnto whom onely be geuen all glorye, I was reduced into a better state in my stomake and hed, than I was .xvi. yeres before, as it maie appere vnto them, whiche haue long knowen me.

¶ And this haue I not written for vaineglory or of presumpcion, but to the intente that they whiche haue their bodies in lyke temperature as mine was, that is to saie, beyng cholerike of complexion, and hauyng reumes fallyng out of

a hotte

a hotte head, maie if they list assaie mine experi-ences, or in the stede of my saied infusion, take Hierapicra, with ale or wate[illegible]o pourge them, wherof shall not insue so muche perill, as of corrupted syropes, and other confections called Magistrales, made with olde rotten drugges, though the phisicions be neuer so well lerned. In bodies of other temperature, I would not that mine experience should be practised but with discrecion, tempering the medicine, as the qualitees of the stomake and heade do require, remembring alwaie, that hot reumes be thinne and subtill, colde reumes be for the moste parte thicke. Also that they whiche be thinne, woulde be made thicke, that they perce not so fast. And that they which be thicke, wold be made thinne, that they maie the soner be purged. Finally this dare I affirme, that the reumes, whiche of late time haue bene more frequent in this realm, thē they were wont to be. xl. yeres passed, haue happened of none occasion more than of bankettinges after supper, and drinkyng much, specially wine a littel after slepe. An other thing is the kepyng the head to hotte or to long couered, wherby the braine, which is naturally colde, is distempred with hot vapors ascendyng from the stomake, those same vapours beyng let to euaporate or passe forth out of the head, and therfore be concrete or gathered into humour superfluo⁹, whiche stilleth downe eftsones out of the head into the places before rehersed. Yet now a daies if a boy of. vii. yeres age, or a yong man of. xx. yeres, haue not, ii. cappes on his hed, he and his frends

des wyll thincke that he maie not continue in health. And yet if the inner cappe be not of velvet or sattyne, a seruyng man feareth to loose his credence. A parson vycar or paryth preest, by vsyng their veluet cappes embroudred with lases, dooe make some men thynke that they be ashamed of their crownes, that reuerende token of the order of priesthoode, the whiche notable abuse, I muche meruayle that the bishops will sucker, specially they whiche haue had leysure to reade the woorkes of saincte Cipriane, saincte Hierome, Chrisostomus, saincte Ambrose, and sundrie decrees made by the olde fathers, concernyng the honest vesture of priestes, which although it seeme a light matter to some men, yet it augmenteth or minisheth not a littell in priestes, the estimacion of their condicions. Salomon confirming the same, saiyng: The garment the gate, and laughter of a man declareth what he is. But this matter will I leaue to an other place, where I intend to speke more abundantly of it, if it be not the sooner amended. Nowe to conclude, as longe as the said occasions continewe, so longe men shall not be without reumes, although they were all perfect phisicions.

By vvhat tokens one may knovve vvhether the stomake and head be hotte or colde.

NOw to retourne to the remedies against the saied annoyance, wherof happeth so many great sicknesses, I will be bolde to wryte

wrike a litteil out of the wozkes of the moſt fa-
mous and expert phiſitions. Firſte the cauſe of
the reume muſt bè digeſted, after expulſed, third
ly diuerted, that is to ſay, tourned from the eien
oz thzote, into the noſe, from whenſe it maye bè
moze eaſily pourged. Fourthly it may be ſtop-
ped, that it ſhall not diſtyll. In hotte diſtillaci-
ons the head is very hotte in feelyng, the reume
beyng in the mouthe is thinne and warme, the
tõgue oz cheekes within bliſtered, the face ſom-
time redder than it is accuſtomed to bee, ſome-
time a burnyng within the noſe. To them whi-
che haue this hotte reume, may be geuẽ the ſeds
of white popy. Diacodion made of the heades
of white popy and rayne water. Amylum with
mylke, if there be no feuer, penidees, malowes,
ozage, gourdes, and ſpynage, boyled and eaten
with oyle of almondes, ſyzope of violettes, ne-
mipher, oz the wine of ſweet pomegranates, the
water of a greate cucumber, boyled with a lit-
tel ſugar, beyng dzonke, doeth mitigate cholar,
ſtoppeth the reume, and eaſily looſeth the bealy,
the ſeedes of mylons bzaied in a mozter with
water, and ſtrayned with ſofte bread, hauynge
ſugar put to it, maketh an excellent good meate
againſt the hotte reumes, plaiſters made of bar-
ley bzuiſed, violettes, popy, and camomyll boi-
led in water, wherin ſpounges oz linnen cloa-
thes beyng depte, ſhould be layed on the head,
and the genitozies oz legges therewith waſhed.
If the ſicke man can not ſleape, than the faied
partes with the bealy and foundement ſhall be
noincted with the oyles of violettes and Nemi-

phar, the sauour of camphar in rosewater with violettes is good in that case. Galene exhorteth and I haue proued, that in a very hotte reume, whiche hath styled faste, the pourynge of colde water vpon ones heade hath stinted the reume. He that is therin diseased muste exchewe goeyng in the sunne, or to come nighe a great fyre, or to stande or be long couered, or to weare muche on his head, he muste rest muche, and prouoke him selfe to sleape a night, but not very long, and to lie on the one syde on a harde bedde, hauyng his head highe, also rubbynge of his legges before meales is very holsome. Colde reumes be perceiued by coldnesse of the humour and head with paleneſſe of the visage, all colde thynges increasyng the reume. These thynges are good against it, the decortion of cicer with hony and raysons, kylberd nuttes tosted eaten after meales, nothynge is more holsome then abstinence, specially in the euenynge, they whiche haue it, must beware of Northern wyndes, the mooneshyne by nighte, washynge in colde water, and to be longe bareheadded. The seedes of Nigella a litteli tosted and put into a piece of thinne sarcenet and smelled vnto, stoppeth the reumes.

¶ Neesynge in the beginninge of the reume is dispraised of Galen, but after that the matter is digested, it is very holsome: that maye be made with leaues of laurel or betein put into the nose thyrls, the iuice of colewortes, the rootes of red beetes, water of Maioram. A prety medicine for that purpose proued. The iuice of yonge beetes

and

and Maiorain of euerichе, one ounce, good white wyne eight ounces, saffron the weight of two pence, that beynge hette and taken in the mouthe, shall be drawen vp with breath to the place, wherby the distillacion falleth out of the nose into the mouthe. And if the reume dooe distill into the cheekes and teeth, I haue proued, that the iuice of grounde Iuie, and that herbe which we call Mouse eare, taken within a quill into the nosethrylles, oftentimes purgeth excedyngly the reume, and taketh away the ache of the teeth.

¶ Gargarisynge, if it be not discretely vsed, may do more harm thā good, bring doune muche abundance of mattier vndigested, but taken in order with water, hony, and pepper, or with Isope and figges boiled in white wine, and taken very hot in a gargarise is right conuenient.

¶ For compassion whiche I haue of them that be vexed with toothe ache caused of reumes, I wyll by the leaue of phisicions conclude thys chapter with an excellente medicine agaynst the saied passion, whiche is written of an honourable Phisicion of late yeres, whiche medicine also maketh teeth faste whiche be loose, and also stoppeth the superfluous bleedyng of gummes, wherwith the breath is made vnsauerie.

Take the ryndes of Caper rootes, the rootes of brembles, whiche dooe beare blacke bearies, the flowers of pomegranates called Balaustia, of euery of theim, the weight of two ducates, pelytorie of Spaine one ducate, seede of white henbane, the ryndes of mandrage, of euery of

theim one ducate and a halfe, spourge of the gardeine one handfull, alume of the rocke twoo ducates, boyle all this in white wyne or clarette, whiche is very rough in taste, and strayne it, therewith let the paciente oftentimes washe his mouthe. Albeit I will counsayle theym, whiche will take this medicine or any other, firste to pourge the cause of the reume, as before is rehearsed, or in any other wyse, as they shall be counsayled by well learned and discrete phisicions.

¶ Of lassitude. Cap. 3.

Lassitude is a disposicion toward sickneſſe, wherin a man feeleth a sorenesse, a swelling or an inflammacion. Sorenesse happeneth of humours sharpe and gnawynge, as after great exercise and labours, whiche lassitude happeneth to thē, whose bodies are ful of yll iuice and excrementes. Also after cruditee in them which are not exercised, or do abide longe in the heate of the sunne. It may also be in the bodie, wherein is good iuice, if he be fatigate with immoderate exercise. In them, whiche doo feele thys lassitude, the skin appereth thicke and rough, and there is felt a griefe sometime in the skynne onely, sometime also in the flesche, as it were of a sore. The cure therof, is by muche and pleasant rubbyng with sweet oyles, which haue not the vertue to restrayne or close, that with many handes, and afterward to exercise moderately, and to be bayned in water sweete and tempe-

Aetius. lib. 3.

Galē. de tuenda sanitate lib. 3.

temperate in heat, also than must be geuen meates of good iuyce, potage but seeld, wine is not to be forboden, for vnto wine vneth any thynge may be compared, that so well digesteth crude humours: it also prouoketh sweate and vrine, and maketh one to sleepe soundely. But if this lassitude do abide the night and day folowynge, or wareth more and more, than if the patient be of good strēgth and yong, and hath abundance of bloud, let him be let bloud, or prouoke the hemoroides or pilz to blede, if thei doo appere. But if it procede of the malice of any humour, without abundaunce of bloud, than resorte to purgacions, apt for the humour that greeueth. The tokens wherof shall appere aswell by the colour of the skinne and diete precedynge, as by vrine, ordure, sweate, thirst, and appetite, as it is rehersed before in the complexions. If the il bloud be littel in quantitee, and the crude humours abundant, than shall he not be let bloud, nor vehemently purged, neither shall exercise or moue him self, nor be bayned. For all exercise carieth humours throughout all the body, and stopeth the powers. Wherfore these maner of persons should be kept in reste, and suche meates drinkes and medicines should be geuē to them, whiche should attenuate or dissolue the grosnesse of the humors, without notable heate, as oxymell, barley water, and mulse, if the patient abhorre not hony. And for as muche as in the saied persons commonly there is aboundance of wynde about their stomakes, therfore pepper, specially long pepper, or white, is very conuenient to bee

bled, and the medicine before written, called diapoliticum. When the humours are dissolued, than is it good to drinke white wyne, or smalle claret wyne moderately.

Lassitude extensiue. Cap. 4.

When one thinketh that he dooeth feele a swellyng or bollynge of the body, where in dede there doeth not appere in sight or toucheynge any swellynge, that is called lassitude extensiue, if it happeneth without exercise or vehement mouing. This doeth happen of excessiue multitude of humours, which dooe extend the muscules or fillettes. In this no sorenesse is felt, but onely an heuinesse with extencion or thrustyng out of the bodie. And because that there is abundance of bloud in the bodie, best remedie is to be letten bloud about the elbowe or ancle, after to be pourged, than to vse soft fricasies with oyles afore rehearsed, afterwarde muche rest & temperate bathes, and meates lackyng sharpenesse, and beyng abstersiue.

Lassitude vvith the felyng of inflammacion. Cap. 5.

If without any mouynge, the muscules and flesh rise vp in the bodie, as it swelled, with great peynes and exceadyage heate, than soone after foloweth moste hottest feuers, except it be preuented by lettyng

of

of bloud and that in abundance, and almoste to sownyng, but it were more sure to be let bloud twise in one day, the firste time without sownyng, at the next tyme sownyng is not to be feared. If the griefe be in the necke or head, the bloud must be let of the veyne called Cephalea, or the shoulder vein. If it be in the bulke or vppermoste parte of the bodie, than must the veyne be cutte, whiche is called Basilica, or the innermoste veyne. If all the body be greeued, than cut the veyne whiche is named Mediana, or the middell veine. If a feuer remayne after bloud lettyng, than order him with the diette of theim that haue feuers, whiche ye shall fynde wrytten hereafter. If no feuer remaine, than vse moderate fricasies, and littel eatyng, and that of meates hauyng good iuyce, increasyng by littel and littell to the naturall diete.

Diete of them that are ready to fall into sickenesse. Cap. 6.

NOw to returne eftsones to speake of diet it is to be remembred, that thei, which are redy to fal into diseases, thei are prepared therunto, either by replecion of superfluous humours, or els by cruditee or malice of humours which are in them. As touching the first, the generall diete must be suche, as therby the humours may be attenuate, and by conuenient euacuacion, brought to a moderate quantitee. As for the seconde must be corrected with meates and drinkes of contrary qualitees, hauynge

alway respect to the age of the person, tyme of the yere, place of habitacion, and moste specially the vniuersall complexion. For choler offendynge in an olde manne, in wynter time in a colde countrey, or the person beyng of his naturall complexion, fleumatike or melancholie, would not be so aboundantly expulsed or subdewed, as if it be in one young and lustie, in the hotte sommer, in the countreis, where the sunne feruently burneth, or the person of his proper nature is very cholerike. And in likewise contrarie: Wherefore euery man, knowynge his owne naturall complexion, with the qualitee of the humour that offendeth, let him make temperaunce his chiefe coke, and remembrynge that whiche I haue before declared, ordayne to him selfe suche diete, as may refourme the offence with none or littell annoyance to his vniuersall complexion. And if he can so doo, he shal happily escape, not onely diuers sicknesses, but also the most pernicious daunger, procedyng of corrupted drugges or spices, whereof some couetous poticaries doo make medicines, maugre the heades of good and well learned phisicions.

Sickneſſe moſt common to particular times of the yere and ages. Cap. 7.

Although I do not intend to write of the cure of egritudes or sicknesses cõfirmed as wel because it might be reputed in me a great presumpcion, as also for as muche as it were very perillous, to diuulgate that noble

noble ſcience, to common people not learned in liberall ſciences and philoſophie, whiche be required to be ſufficiently in a Phyſicion. And moreouer, many bookes of Hippocrates and Galene ought to be radde, before that one dooe take vpon him the generall cure of mennes bodies: yet not withſtandynge, I truſte I maye without any note of arrogãce wrote, what diſeaſes doo moſt commonly happen in ſundry tymes of the yere and ages of men and women, with ſome ſignificacions, whereby the diſcraſie or diſtemperature of the bodie is perceiued, to the intent that the phiſicion beyng farre of, may be truely informed, conſideryng that vrines far caried, do often deceiue them, and likewiſe lacke of the ſight of the pacient, and inquiſicion of thynges, whiche do precede or folow the ſickeneſſe. And with this I truſte none honeſt and charitable phiſicion wyll be offended, but rather geue to me thankes for my diligence, in the aduauncyng of their eſtimacion, which by lacke of perfect inſtruction hath been appayred.

¶ Sickneſſes of ſpryng tyme.

¶ Diſeaſes procedyng of melancholy, as madneſſe, fallynge ſickeneſſe, bleedynges, quynces, poſes, hoarſeneſſe, cowghes, lepries, ſcabbes, ache in the ioyntes.

¶ Sickeneſſes of ſommer.

¶ Many of the ſaied diſeaſes, alſo feuers con-

tinual, hotte feuers, feuers terciane, quartaine, vomites, flixes, wateryng of eyes, peynes of the eares, blysters and foares of the mouthe and fweattynges.

¶ Sicknesses of Autumne.

¶ Diuers of fommer ſickeneſſes, alſo oppilacions of the ſplene, dropſies, conſumpcions, ſtrangulions, coſtiueneſſe, ache in the huckle bones, ſhortneſſe of wynde, fretynge of the bowelles, fallyng ſickneſſe, and melancolike diſeaſes.

¶ Sicknesses of wynter.

¶ Stitches and griefes in the ſides, inflamacion of the lunges, reumes, coughes, peynes in the breſt, ſides, and loynes, head ache, and palſeis.

¶ Sicknesses happnyng to childzen.

¶ Whan they be newe borne, there doo happen to them ſores of the mouth called Aphte, vomityng, coughes, watchyng, fearefulneſſe, inflamacions of the nauell, moyſture of the eares.
¶ Whan they brede teeth, itchyng of the gummes, feuers, crampes, and laſkes.
¶ Whan they ware elder, than be they greeued with kernels, openneſſe of the mould of the hed, ſhorteneſſe of wynde, the ſtoane of the bladder, wormes in the bealy, waters, ſwellynges vnder the chinne, and in England commonly purpilles, meaſels, and ſmall pockes.

¶ Sick-

¶ Sickneſſe happynge to yong men from .xiiii. yeres of age.

¶ Feuers cotidiane, terciane, quarteyne, hotte feuers, ſpittyng or vometyng of bloud, pleureſies, diſeaſes of the ſydes, inflammacion of the lunges, lethargies, franſie, hot ſickneſſes, cholerike paſſiõs, coſtiueneſſe of vehement lackes.

¶ Sickneſſes of age.

¶ Difficultee of breath, reumes with coughes, ſtrangulion, and difficultee in piſſynge, ache in the ioynctes, diſeaſes of the raynes, ſwimmynges in the head, palſeies, itchyng of all the body, lacke of ſleepe, moyſture in the eyes and eares, dulneſſe of ſight, hardneſſe of hearynge, tiſickneſſe, or ſhortneſſe of breath.

¶ Although many of the ſaied ſickeneſſes dooe happen in euery time and age: yet becauſe they be moſte frequent in the ſaid times and ages, I haue written them, to thentente that in the ages and times moſt inclined vnto them, ſuche thynges mought be than eſchewed, whiche are apte to ingender the ſaied diſeaſes.

The generall ſignificacions and tokens of ſickneſſe. Cap. 8.

IF the bodie be hotter, colder, moyſter, dzier, leaner, fuller, the colour moze pale or ſwarte, the eyes moze holowe than is accuſtomed to be, it ſignifieth that the body is diſpoſed to ſickneſſe, or already ſicke.

¶ The

The fourth

Rauyng.

The braine sicke.
- Forgetfulnesse.
- Fantasie.
- Humours commynge from the rouse of the mouthe, the eyes, the nose, or the eares.
- Watche.
- Sleepe.

The heart sicke.
- Difficultee of breath.
- Tremblyng of the herte.
- Beatyng of the pulse.
- Feuers.
- Colde.
- Diuersitee of colours.
- Griefe aboute the hert.

The liuer sicke.
- Lacke or abundaunce of humours.
- The fourme of the body altered.
- Paleneſſe.
- Concoction.
- Digeſtion.
- Alteracion of excrementes accuſtomed.
- Peyne in the place of the liuer.
- Swellyng.
- Difficultee of breath.

The

The stomake sicke.
- Concoction slowe or quicke.
- Appetite of moist or dri, dull or quicke.
- Separacion of excremētes moist or hard with their colours.
- Yerying.
- Welkyng.
- Wometynge with peyne and difficultee of breth.
- Urine much or litel with the colour & substance to redde or to paale, to thicke or to thinne.

The breast sicke.
- Difficultee of breth.
- Cowgh.
- Spittyng.
- Peyne in the breast.

¶ This haue I written, not to geue iudgemēt therby, but only for the pacient to haue in a readines, to thintent that what so euer he feeleth or perceiueth in euery of the saied thynges, therof to instruct his phisicion, whervnto he may adapt his counsaile and remedies.

¶ Of urines. Cap. 9.

Forasmuch as now a daies the most cōmon iudgement in sickenes is by urines, whiche beynge far caried or much meued or stāding longe

longe after that it is made, the foureme therof is so altred, that the phisicio shall not perfitly perceiue the natural colour, nor cotentes, although it be neuer so well chauffed at the fire, as Actuarius and other great learned men do affirme. I will therfore somwhat speake of vrines, not so much as a phisicion knoweth, but as muche as is necessarie to euery man, for to perceyue the place and cause of his griefe, whereby he maye the better instruct the phisicion.

¶ Fyrst in vrine, foure thynges are to be considered, that is to say, the substaunce, the colour, the regions or partes of the vrine, and the contentes or thynges therin conteined.

¶ Also forasmuche as in the body of man bee foure qualities, heate, colde, moysture, and dryeth, two of them, heate, and colde, are causes of the colour, dryth and moysture are causes of the substaunce.

¶ Moreouer in vrine, beyng in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the vrinal, conteining the spaces of two fingers or littel more. The middel region, from whens the lowest ended vnto the cerkle. The highest region is the cerkle.

¶ The highnesse of the colour signifieth heate: the pale, blacke, or grene, signifieth colde.

¶ Also the grossenes or thickenesse of the vrine signifieth moysture, the clerenes or thinnesse, signifieth dryeth.

¶ The colours of the vrines.

¶ Colour of bryght golde. } Perfite digestion.
Colour of gylt. }

Red

Red as a red apple or chery.
Pale redde, lyke to bole armenake, or saffron dyre.
Redde glowyng lyke fyre.
} Excesse of digestion.

Colour of a beastes lyuer.
Colour of darke red wyne
Grene lyke to colewortes.
} Adustion of humours.

Leaddy colour.
Blacke as ynke.
Blacke as horne.
} Feblenes or mortificacion of nature, except it bee in purgeyng of melancoly.

White clere as water.
Gray as a horne.
White as whay.
Colour of a camels heare.
} Lacke of digestion.

Pale lyke to broth of flesshe sodden.
} The beginnyng of digestion.

Citrine colour or yelow.
Subcitrine or paler.
} The middell of digestion.

Whyte and thinne betokeneth melancoly to haue dominion.

White and thicke signifieth fleume.
Redde and thicke betokeneth sanguine.

Red and thinne betokeneth choler to haue the soueraygntie.

The

The fourth
The substance of the vrine. Cap. 10.

AT the first pissyng, all vrines well nighe do appere thinne, as longe as they abide warme, for naturall heate, durynge the time that it preuaileth, suffreth not that the lycour, whiche is the substance of the vrine, to congele or be thicke for any occasion: but after that heate is gone, some vrines shortly, some a longer time after, ware thicke. Likewyse some time, some are pissed thicker, and after war clere some remayne still as they were made, some be meetely thicke, as they were troubled, some very thicke and grosse. They that ware cleare, some doue gather that, whiche is thicke into the bottome of the vrinall: some remayne troubled the grossenes not withstandynge gathered in the bottome. Semblably the diuersitee of thine or subtyll vrines, muste bee perceiued, that is to say, that some are very subtill as water, some lasse subtil, some in a meane betwene thicke and thinne.

¶ Of thinges conteyned in the vrine, some doo discend downe to the bottome, and be called in a greke word Hypostalis, in englishe some call it the groundes, some the residence, whiche if it be white, light risynge vp from the bottome of the vrinal, lyke a peare, it signifieth helth, if it be of any other figure or colour, it betokeneth some a noyance. If like thinges be seene in the middell of the vrinall, they be called sublacions, if they approche vnto the highest region of the vryne, they

The substaunce of the vryne. Cap. 10.

AT the first pissyng, all vrynes wel nighe doo appere thinne, as long as they abide warme, for naturall heate, durynge the time that it prenayleth, suffreth not that the licour, whiche is the substance of the urine, to congele or be thiche for any occasion: but after that heate is gone, some Urynes shortely, some a longer time after, ware thicke. Likewise some time, some are pissed thicker, and after war clere, some remaine stil as they were made, some be meetely thicke, as they were troubled, some very thicke and grosse. They that ware clere, soone do gather that, whiche is thicke into the bottome of the urinall: some remayne troubled, the grossenes not withstandynge gathered in the bottom. Semblably, the diuersites of thin or subtill vrines, must be perceiued, that is to say, that some are very subtill as water, some lasse subtill, some in a meane betwene thicke and thinne.

¶ Of thinges conteined in the vrine, some doo discend downe to the bottome, & be called in a greke word Hypostasis, in englyshe some call it the groundes, some the residence, which if it be white, lyght risyng vp from the bottome of the urinall, like a peare, it signifieth helth, if it be of any other figure or colour, it betokeneth some anoyance. If like thynges be seene in the middell of the urinall, they be called sublacions, if they approche vnto the highest region of the vryne,

they be named cloudes, in latin Nebulæ. The groundes or residences not perfect, some is lyke littell red vetches, and is called in latin Orobea some is like to bzanne of wheate grounde, and seuered from the meale, and is called bzannie residence, in latin Furfurea, some be lyke vnto plates, hauyng bzedth and length without thicknesse, and may be named platie residence, in latin Laminea, some is like to meale, wheate, or barley, and may be named mealy residence, in latine Similacea.

¶ There is also seen in the bzyne like to white heares, some longer, some shozter, somtyme lyke to ragges, somwhat redde. There is also seene in the vppermost part of the bzine, sometime a some or froth, somtime belles or bubbles, somtyme there swimmeth in the bzine a thynge like a cobwebe, otherwhile there is about the cerkle, as it were the rentyng of clothe, sometime there is in the bzine like motes of the sunne, somtime like the matter of a sore, otherwhile like the sede of a man, also grauell or sande. And in these thynges maye be diuers colours, some whyte, some redde, some betwene bothe, some yelowe, some gray, and some blacke. All this must be diligently marked, and therof separately to aduertise the phisicion, vnto whome I referre the iudgement of the sickenesse, for the cause afore rehersed, and for as muche as the iudgement of them is very subtill.

¶ Semblably of ordure, whether it be very thinne or very thicke: what other matter issueth out with it, what colour it is of, the same

very

very greate littell or none, if it were easily expulled, or peynefully, howe ofte or howe seldome.

¶ Moreouer of sweate, what colour it is of and of what sauour, yf in tastynge it be salte, sowre, bitter or vnsauerie.

¶ Also the vomite, if it be of one colour or mannie, if it doo smell horrible, of what humour is had most abundaunce, yf it were fastyng, or after meales, if it were peynefull or easie.

¶ Lykewise spittell, whether it be thicke or thinne, or myxt with bloud, or matter corrupte, accordyngly of the humour issuynge oute at the nose, and if that the bloud, than whether it be redde, watrie, or blacke.

¶ Moreouer, it may not be forgotten, to aduertise the phisicion of the diet vsed by the pacient, as well afore the sickneſſe, as in the time of the sickneſſe, his age, the strength of his bodie, his exercise, and place, where he lengest abode in his youth, whether it wer hie or low, watrie or drie, hotte or colde.

¶ This I truste shall be sufficient to instruct a phisicion: he that desireth to knowe more particulerly hereof, let him reade the bookes of Hippocrates, Galene, Cornelius Celsus, Actuarius, Paulus, and dyuers other late writers, for this littell treatise may not receiue it.

The preceptes of the auncient phisicion, Diocles vnto kynge Antigonus. Cap. II.

VVe will now deuide the body of man into foure partes, the head, the bulke, called in latine. Thorax, whiche conteyneth the breast, the sides, the stomacke, and entrailes. The bealy, called in latine Venter, conteineth in the paunche and bowelles. Also the bladder, called in latin vesica, in the which name is also conteined the condutes, by the which vrine passeth. Whan any disease approcheth to the head, these tokens doo commonly procede, swimmyng in the head, head ache, heuinesse of the browes, soundyng in the eares, prickynges in the temples, the eies in the mornyng do water or wax dimme, the smellyng is dull, the gūmes doo swel. Whan thou feelest suche tokens, forthwith pourge the head with somewhat, not with vehement medicines, but takyng Isope or Organum, and the croppes of them boyle with white or claret wine, halfe a pynte, and therewith gargarise your mouth fastynge, vntill the fleume be pourged out of your head: this is the easiest medicine in discrasies of the head. It is also very holsome to gargarise the mouthe and breast with hony water, where into mustarde is put and mingled, but first the head must be rubbed with a warme clothe, that the fleume maye easily come out of the head. And if these tokens be neglected, these maner of sickenesses doo follow soone after, bleared eyes, and humours lettynge

eyng the sight, clefkes in the eares, swellynges in the necke full of matter, called the kynges euill, corruption of the braynes, poses or reumes heuinesse of the head, and tooth ache.

When the bulke is like to suffer any sicknes, it is perceiued by these tokens, all the body is in a sweat, the bulke most specially, the tong wareth thicke, the spittell is either salte or bitter, or cholerike, the sides and shoulders do ake without any occasion, the patient gapeth often, also there doeth happen muche waikynge, suffocacions or lacke of breth, thirst after slepe, the mind is vexed with heuinesse, also the breast and armes are very colde, and the handes do tremble. Against these thynges this remedie may be prouided. After a moderate supper assay to vomite without any medicine, vomit is also profitable, whiche meate doeth folowe. He that in suche wise will vomite, let him eate hastily small radische rootes, townkerses, roket, senuy, or pourslane, and drinke after it a greate quantitee of warme water, and prouoke him selfe to vomit. He that setteth littell by the saied tokens, lette him feare these sicknesses folowynge, the pleuresy, the sicknesses of the longes, melancholy or madnesse, sharpe feuers, the frantie, the letargie, inflamacion with yexyng.

¶ If any sickenesse be towarde the bealy, they may be espied by these tokens, the bealy is fyrst wrapped together, and in it selfe is troubled, all meates and drinkes doo seeme bitter in taste, he feeleth heauinesse in his knees, a stifnesses in his loynes, a wearinesse in all his bodie, withoute

any occasion, a sleepinesse in his legges, with a littel feuer: whan thou feelest these tokens, mollify thy bealy, not with medicine, but with good order of diete, for it is best and moste sure to vse those thynges, wherof lightly may ensue none annoyance, in the noumbre of them are beetes boyled in water of hony, garlyke sodden, mallowes, sorell, mercurie, and all thynges conduite in hony. All these doo expell the ordure of the bealy, but if any of the saied signes doeth more and more increase, the licour, wherin the sede of Cartham⁹, called also Cuicus, is boyled is a pleasaunt sure medicine, small colewortes boyled in a good quantitee of water, the lycour therof in measure two pintes, sauyng the third parte of a pinte, with hony and salt beyng dronken, shall profite muche. Cicer, and the pulse called in latin Erūum, in englishe (I suppose) chittes, in water dronke fastynge, hath the same effecte. To them, whiche set littell by the saied tokens, these diseases do sodenly happen. Flure of the bealy, bludde flux, slipperneſſe of the bowels peynes in the guttes, ache in the huckle bones, the feuer tertian, the goute, the apoplexie or palsie in the limmes, hemorroides, akyng of iointes. ¶ Whan the bladder is towarde any sickneſſe, it is perceiued by these tokens, fulneſſe felt after littell meate, breakynge wynde downwarde and vpward, paleneſſe of colour in all the bodie, heuie or troublous slepes, the vrine pale, and passyng forth peinfully, swellynges about the cods des and priuie mēbres. Whan these tokens appere, than is it expedient to haue remedy of odo-

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eſterous thynges, which do expell vrine, whiche ſhall be doen without any perill, with the rotes of fenell and perſely ſtieped one or two dayes in good white wyne, and to drinke therof faſtynge euery morning three oũces and two drammes, with the water of wilde carettes, or elicampane whiche of theſe is next at hande, euery of them haue lyke effecte. Alſo water wherein the peaſen called in latine Ciceres, are ſtieped, beyng dronk with wyne, is like commodious: he that neglecteth the ſaied tokens, let him loke for theſe ſickneſſes folowynge, the dropſie, the greatneſſe of the ſplene, grieke in the liuer, the ſtone, ache of the backe, or peynes in the vaynes, the difficultie of vrine, fulneſſe of the bealy. In all theſe thynges that we haue ſpoken of, wee ſhall geue to children moſte eaſie medicines, to menne, thoſe whiche be ſtronger in worſkynge. This diet of Diocles, although at this time it ſeemeth not moſt pleaſaunt, nor accordynge to the practiſe now vſed, yet beyng tempred with that whiche I haue before remembred, ſome thynge may be found in it, which beyng experienced, maye be as commodious for the healeth of mans bodi, as that diete which is more curious or pleaſaunt.

Of them in vvhoſe ſtomacke meate is corrupted. Cap. 12.

They in whome cuſtomablie meate is corrupted, let them afore that they eate any meate aſſay to vomite, drinkynge ſweete wyne, abſtein from meate, that ingender

botches, inflamacions, humourse ructuacions or vapours, and take suche as nourisshe good iuice, and chose them out which doo mollifie the bealy, and at sundrie times take them. It is also good to take temperately that whiche looseth the bealy, as the medicine called Picra, and to abstaine from such thynges wherby yll iuyce is gathered, and doo ingender sicknesses, harde to be cured or neuer, as goutes, bone ache, peynes of the raynes. &c.

Of the vertue of meates. Cap. 13.

He that is studious about the conseruacion of helth, he nedeth to know the vertue of meates. The meate which hath uertue to extenuate, or make humours subtill, it openeth the pores, and bringeth forth that whiche is fast in the flesshe, it maketh that whiche is clammy, subtill, and doeth extenuate or relente that whiche is fat, it bringeth forth that whiche abydeth long in the bealy, but that whiche is eaten, is a superfluitie, wattrie and cholerike, and at length maketh melancholike bloud. wherfore muche vsyng of them is prohibited, specially to them that are cholerike, and onely serueth for them that are replete with fleume, crude or vndigested humours, clammy or fatte. The diet of fattyng thynges doeth norisshe abundauntly, so that the stomache and liuer do digest wel, meate of good iuice, maketh good bloud, but yet it stoppeth the lyuer and splene. These do they, whiche make fatte humours onely, as the pulse called

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Lenticula, and they that are flymie lyke malowes, some do make fatte humours, and be also flymie, as fishes with harde shelles. Finally the diet, whiche doth extenuate and make leane, is more sure for keepyng of helth, than that whiche fatteth much. Nourishyng meates would be therefore moderately vsed, whan a man perceiueth him selfe to haue neede therof, it may be most surely vsed of them that be exercised temperately, and can slepe whan they list. They that can not slepe by reason of exercise, let them eschewe fattyng meates, let none ydell person attempt to vse them. In the preseruacion of helth, sluggardie is the greatest myschiefe. Lyke as temperate mouynge is good, so is the meate whiche betweene thicke and thinne, is to mans health moste conuenient, whiche ingendreth bloud, accordyng to the competent constitucion of mans body, and therfore it is to be chiefly vsed. Meate of yll iuice is alway noyful, wherfore it ought to be eschewed. Likewise the varietie of meates is to be obserued diligētly, for it is a great thyng to couple wel together thinges of cōtrary vertues, for if they be not well digested, that whiche is receiued, may bryng displeasure.

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A diete preseruatiue in the tyme of pestilence. Cap. 14.

The bodies most apt to be infected, are specially sanguine, next colerike, than fleumatike, last melancholike, for in them the humour beyng cold and drie is most vnapt to receyue putrifaction, hauyng also straite passages, by the which venym must passe. The diet conuenient for that time is to abstaine from meates, inflamyng and openyng the pores: also from heate of the sunne, from to muche heate or fyre, or garmentes, from euery hot herbe, and muche vse of tart thynges, excepte onyons and rikory or radishe with vineger, for they doo resyst against venime, from wyne very sumptsche, exercise incontinent after meales, from sweatynge, from all thynges that will cause oppilacion and putrifaction, from thynges hotte and moist, where moisture hath the dominion in degree, specially beyng not sufficiently boyled, also from mylke, excepte it bee in a litteli quantitee, and that with a litteli sugar. Fruictes and herbes colde and drie, and therewith sowre or somewhat bitter, are not prohibited. If ye eate figges, grapes, or sweete cheries, eate after them of an orenge with salt. If ye eate thynges colde and moyste, as cucumbers, melons, tyshe softe and freshe, or damsyns, eate by and by after, some kenel, and orenge with salt, drinkyng therwith a draught of good wyne. Beware of mussheroms, muche purslane, gourdes, and all other thynges, whiche will soone putrifie: not

wyth

wichstanding, I wyll not forbid eatyng of lettyse, with a fewe myntes, or myrte with Cynamom. All thynges sowre are commended, alwel in diete conseruatiue, as in that whiche is curatiue or healeth, excepte where there is straitnesse of the breast, or weakenesse of the stomacke, then ought they to be tempred with sugar, salte, almond mylke, cynamoin, pepper, fenell, saffron, egges, and some thyng that is fat or vnctuous. Capers are good to be vsed with vineger. Chese very fatte and salt, is not commended, no more is colewortes, or any kynde of pulse, except chittes: great peason, rapes, nor spynache is good. Also there be forboden rokat and mustard, muche wyne and egges, excepte they be eaten wyth sorell sauce, vineger or iuice of orenges, persely, and also parsnepes be good. New wynes be noyfull, let the meate be somewhat more than drinke, but yet sustein not to muche hunger nor thirste, beware of lecherie, of a cloudie weather and close, eschue muche resort of throng of people, wyndes commyng from fennes or moores, from sleape at none: vse with your meate this pouder, sanders redde, halfe an ounce, Cynamom thre drammes and a halfe, saffron halfe a dramme. After your meate, eate a littell of corisander seede, well prepared. In the mornyng at a temperate fyre kembe your head backewarde, clense your body and head of all superfluities, vse also moderate fricasies, with sweete parfumes and odours, washe oftentimes your face and handes with pure vyneger mixte with rose water. In colde weather mixe it wyth myntes

baulme, rue or myrtes, and sometime with cloues. In hotte sommer with roses or violettes. Aboue al thinges vse to make white wine, good white vyneger roset, water of roses, in equall porcions, put therunto a littell setuall, or of the rinde of a citron, and drinke therof a littell, and oftentymes washe therewith your handes and vysage. Medicines preseruatiue against the pestilence, whiche be alway moste redy, are these, a figge with rue, and a walnut eaten fastynge, also triakle, or mithridate, to olde men a dräme weight, to younge men halfe a dramme, or a scruple dissolued in vineger and rosewater, or in water of tormentill, scabiose or baulme, if the plague be in sommer, if it be in wynter, put to the waters some white wyne. Also the pylles called commonly Pilule Ragis (but in deede they were inuented by Rufus) are very excellent specially if the aloe, whiche is in it, be washed, and therunto added a littell Bolus armenus, & Terra sigillata. And if the person be of hotte complexion, a quantitee of sorell seede, and red corall, this confectioned with syrope of citrons, in colde complexions, or to olde men with white wyne, vse them euery thyrde day, one pill at a tyme, three howres or foure afore dinner or supper. If ye take tryakle or Mithridate, abstayne from meate at the least fyre howres after. A piece of the roote of setuall, borne in the mouth, preserueth from infection. In likewise dooeth sorell chewed fastynge, and the iuyce sucked downe. To poore men Marsilius was wonte to geue a toaste of breade stieped in vyneger,

with

with a piece of an onyon or Rue. All thynges which be cordiall, that is to say, whiche doo in any wise comforte the hert, doo resist pestilence, vehement anger, or heuinesse, be very pernicious. Other more exquisite and costely preseruatiues, I pourposely passe ouer. which Marsilius, and other physicions doo write so aboundauntly, for as muche as I desyre to be in this woorke compendious. One thynge I had almoste forgotten, that there is no better preseruatiue, than to flee from the place corrupted, betime and farre of, and to let none approache you, that hath made their abode, where the plague is feruent. Moreouer, receiue not into your house any stuffe, that commeth out of a house, where in any person hath been infected. For it hath bene sene, that suche stuffe, lyyng in a coffer faste shutte by the space of twoo yeres, after that the coffer hath bene opened, they which haue stande nygh to it, haue ben infected, and soone after haue died. But here I alway except the power of God, which is wonderfull, and also mercifull, aboue mans reason or counsell, preseruyng or strikynge whome, whan, and where it shall lyke his maiestie, to whome be glory and prayse euerlastyng. Amen.

¶ Thus make I an end of this treatise, desiryng them that shall take profite therby, to defend it against enuious disdayne, on whome I haue set the aduenture, for the loue that I beare to my countrey, requiryng all honest physicions to remembre, that the intent of my labour was, that men and women readyng this woorke, and

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obseruyng the counsayles therin, should adapte therby their bodies, to receiue more sure remedie by the medicines prepared by good Phisicions in dangerous sicknesses, they keeping good diete, and informyng diligently the same phisicions of the maner of their affectes, passyons, and sensible tokens. And so shall the noble and moste necessarie science of physicke, with the ministers therof, escape the sclander, whiche they haue of longe time susteyned, and accordyng to the precept of the wyse man, be worthily honoured, for as muche as the highest God dyd create the phisicion for mans necessitee. And of the earth created medicine, and the wyse man shall not abhorre it. Thus fare ye well gentill readers, & forget me not with your good report, and pray to God that I be neuer worse occupied.

Finis.

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IMPRINTED AT
London in Fletestrete, in
the house late Thomas
Berthelettes.

Cum priuilegio ad impri-
mendum solum.